



*A Course In Miracles*

MINI  
GUIDE  
*for*  
WORKING  
*the*  
LESSONS

by J. Merton

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*A Course In Miracles*

# **Mini-Guide**

For **Working** the *Lessons*

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A Course In Miracles  
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This book is available in an inexpensive  
paperback from Internet booksellers.

## Preface

The three-book printed version of *A Course In Miracles* is cumbersome and thus not so handy. The digital version of the *Course* is not necessarily convenient for everyone.

This *Mini-Guide For Working the Lessons* was assembled to fill a perceived need for a portable book. The small size will fit any pack and most pockets. It is intended for use by any English speaker who is working the series of Daily Workbook Lessons in *A Course In Miracles*.

Brief comments regarding Cautions and Practice open the book. Points the *Course* emphasizes are collected. Other suggestions are offered, while recognizing that close adherence to the details of the Lessons is the only absolute requirement.

Although stressing the intense study of the Lessons in their full form, this Guide provides the gist of each day's work in a standard format. The student can see the entire lesson summarized on a single page.

If you are merely reading and talking about the *Course*, and not working the intent of the *Course*, this book will be of less use to you. You will never achieve clear eyes or a body full of light by such tinkering or dipping your toes in the text. (Matt. 6:22)

May all Seekers become Workers !!!



# TABLE OF CONTENTS

Cautions Before The Course	.	1
Details Regarding Practice	.	6

## Daily Lesson Guide

Summary of the Introduction		19
Daily Lesson Guide Format	.	21
<b>Part One</b>	.	22
First Review	.	48
Second Review	.	69
Third Review	.	90
Fourth Review	.	111
Fifth Review	.	127
Sixth Review	.	144
<b>Part Two</b>	.	155





# **Cautions**

## **Before The *Course***

*This is a course in miracles.*

*It is a required course.*

*Only the time you take it is voluntary.*

(Intro. to Text)

## The Most Important Meaning

The *Course* equates meaning with purpose. If a thing or a concept has a purpose, this must also be its meaning.

Incorrect meaning will be temporary, or several; for any case of here and now there is no meaning other than purpose.

The primary purpose of the *Course* is to spend a year in preparation for an event referred to as the "Final Step," which God promises "to take himself." This, therefore, is the primary meaning of the *Course*, and the lessons *themselves* have not any other initial or final meaning.

The salvation of others, any other purposes, even your own ultimate function, are secondary until the Final Step is achieved.

Manic monologues mulling metaphysical minutiae have no place in the *Text*, *Workbook* or *Manual*. Writing an analysis of the Lessons, obviously being a single individual's point of view, is of value strictly to the writer. The writer's reactions to the lessons are not relevant to anyone else.

Only the student's own personal analysis is of value to the student. While some analytic material may be of some use to some Teachers, it is nothing but an absolute distraction to students.

The student should just work the Lessons.

The basic points of the *Course* are simple to understand, and only these really need to be understood.

The foundation of *A Course In Miracles* is, quite literally, that the brain injects misinterpretation into your perception and fogs the real world, causing you to *not see* things as they actually are. This misinterpretation creates most personal suffering and social problems. The brain can be repaired by numerous methods, including the totally consistent application of a few very basic ideas, such as:

- Rememberance.
- Be kind to all who do not deserve.
- Be peace; never defend.
- Be innocent to not see sin.
- Be quiet; don't do, listen.

As the Course clearly states, the only value to be obtained is from WORKING the Lessons. Watching documentaries about space travel will not make you into an astronaut.

Focus is paramount; do not permit yourself the worship of distraction. If you delay your vigilance you will seek peril.

## **The *Course* is Not for Everyone**

*A Course in Miracles* is intended, ideally, for those lucky souls with deep yearnings about where they come from, who they are and what's it all about. It is also for people who should be happy, but are not *really* happy, and do not quite know why, sometimes called the successful malcontent.

People who are evil, wicked, mean or otherwise socially unacceptable simply won't benefit from the *Course*. Their psychological blocks have thickened to such a degree that the concepts will not sink in. It has been tried and it does not work. These people must proceed thru a remedial system, such as a 12-Step, or professional counseling program.

The Course is ***quite difficult*** to successfully complete. This style of intensive program is typically three years and longer in duration. The Course is designed to produce a break-thru in only 360 days. These practices require an extreme level of dedication. You must understand that a superficial approach will never produce long term radical transformation. To play with the lessons may be fascinating intellectually. Next year you won't remember most of it.

The *Course* don't Work unless you *Work* it.

Some people could benefit to some extent from the Course, but should consider a term of therapy prior to working the Lessons. Symptoms pointing to a need for therapy include anxiety, depression, narcissism, mood swings and syndromes too numerous to mention. Basically, if your life is somewhat dysfunctional, you are likely not ready for the Course. Distraction of any kind prevents process and progress.

Be careful if attempting to mix practices from other programs with this Work. The Course is based on a concise but comprehensive psychology. There are exercises, too numerous to mention, that could interfere with your progress in this program. Consider suspending practices of other systems while you Work the *Course*.

The *Manual* explicitly advocates a mentoring situation. It is yet possible to pick the Course up green and successfully achieve salvation. However, it is sometimes noted that students do not really understand the instructions in the lessons. The solitary practitioner must take care to very carefully review AND consider every last detail of the *Workbook*.

### **An important point:**

The Mirror of Truth in the Lessons can reveal unsettling things to the student. There have been suicides allegedly attributed to the Course. These cases most likely represent pre-existing neurosis issues, and are *not* typical. The point is that, if you do get uncomfortable during the Course, STOP and talk to someone immediately.

# **Details Regarding Practice**

*One exception held apart from true perception  
makes its accomplishments anywhere impossible.*

(Intro. to Workbook)

## General Considerations

This Guide insists that you have full time possession of the "*Course In Miracles*" printed book or the public domain pdf version. This is an *absolute* essential. Free copies are available on the Internet.

Do not attempt to use this Field Guide in a vacuum, as the intended result of lifting the veil will not occur without the original material. Instructions in the individual lessons are quite detailed and must be followed carefully and exactly. You must allow no exceptions to occur in your practice.

If one were to design a perfect environment for working the Course, the following could be considered a partial statement of criteria. Of course, everyone has unique situations and needs, and adjustments are always necessary. No commandment is etched in stone. Feel free to increase the intensity, but to a point. One must make haste slowly. However, for the year that the Course requires, seriously consider the following:

- For the next year, as the *Course* will make quite clear, you have only One Function. Dispense with unnecessary responsibilities. Put hobbies aside. Do *nothing* this year that can be put off until the following year.
- Denial of false self is part of the *Course* psychology. Don't read books or magazines or watch TV. Really. This is especially necessary if any of these things are compulsions.
- The stress of interaction is also part of the *Course* psychology. If you don't have a job or a very active home environment, consider volunteer work. It is very highly absolutely necessary, without exception, to take these Ideas out into the world of people and *apply* them. You simply cannot successfully do *this* program as a hermit.



- Arrange for daily uninterrupted solitude. You will preferably have an hour the first thing in the morning and one-half hour or so fairly close to bed time. Longer is better, as long as full focus is maintained.
- Some lessons indicate exceptions, and these must be followed.

### **Stated; not always re-emphasized:**

When you fail to comply with the requirements of this course, you have merely made a mistake. This calls for correction, and for nothing else. To allow a mistake to continue is to make additional mistakes, based on the first and reinforcing it. It is this process that must be laid aside, for it is but another way in which you would defend illusions against the truth. (Lesson #95)

There are a number of important points that are mentioned in the Lessons that are not necessarily repeated. It is quite easy to overlook these details.

- The Course absolutely pleads for as much time and attention as possible. Salvation is free; attention must be paid (in energy).
- More sessions than specified are usually better.
- Longer sessions than specified are usually better.
- Mind searching exercises should be done slowly and deliberately; lessons should be approached slowly and methodically. *With focus.*
- Many lessons are "observe and say idea" sessions; this observation must be focused. If these lessons are done casually they will have no effect and your progress will slow or stall.
- When the Idea is to be repeated frequently, it is to be done in a casual but focused manner. It should not be used as a mantra. This program uses different psychology than those that use chanting and similar methods.

- The idea, or a condensed version, may be used thru the day to dissolve temptation. This is for every example and always.
- Beginning with Lesson #45, explicit directed sitting practice is specified. In all of these practices, regardless of any other content, stopping the internal dialogue is essential to progress. This is mentioned in the Course as "ignoring the ego," and similar language.
- The exercises should **not** become ritualistic. (Lesson #1) Ritual belongs to a previous stage of evolution. It is a regression and can easily become little different than idol worship.
- Finally, because you need reminders: FOCUS IS TANTAMOUNT. You may need to tell yourself this over and over. Quite simply, the principle is "No focus means no salvation; period."

## Meditation

Meditation is a universal, deeply traditional, and potentially highly effective psychological practice. The *Course* revolves around various techniques that others generically called meditation. Many articles and interviews have covered meditation in the *Course*.

Unfortunately, the word 'meditation' comes pre-charged with media misuse. It is seldom articulated in the strict dictionary sense. The overly generic use of this word has generated delusions of technique and result, downright silliness, disillusionment, occasional neurosis and insufficient criticism. Much of the confusion goes back over well one hundred years, when Buddhist Sutras were first translated to English. In these writings was found the Pali word 'jhana' (Sanskrit 'dhyana'). This word was consistently translated as 'meditation, and this mistranslation is an error of *high significance*.

- 'Meditation' formerly meant "deliberate directed *contemplation*." This never indicates a relaxed stupor or 'going into Alpha' or any other non-contemplative nonsense.
- Jhana / dhyana means 'focus' or 'attention,' and never means simple contemplation. This also never indicates a relaxed stupor or any other non-focusing practice.

The *Course* lessons obviously use *both* ideas many times, and it is critical to comprehend the difference.

Basically:

- Focus is impossible when the random insane infernal internal dialogue is operating totally out of control. This may be typical, but is not the natural state of mind. Many practices, especially listening, require absolute inner quiet. Quiet focus is the most important aspect of all the lessons.
- Meditation (contemplation) is fruitless without focus. This is a different process, state and result as compared to pure simple focus; it is also intended to be totally non-random.

Fortunately, the actual word 'meditation' only occurred *three* times in the original *Course* material:

1. A simply reference to procedure. (L #124)
2. "A lifetime of ... meditation .... (Text Ch. 18, §7)
3. One instance was replaced by the word "salvation."  
~~Meditation~~ Salvation is a collaborative venture. (Text Ch. 4, §7, par. 8)

These techniques can massage the brain and reveal wonderful experience. Meditation can also spawn difficult and confusing results. The side effects can include potential neurosis, such as the eruption of semi- and unconscious memories, anxieties, emotions and a multitude of secondary syndromes.

In general, difficult experiences are potential purification initiations. Handled carelessly, these effects can literally drive one to a seriously dysfunctional mental situation. There is little limit to what the brain is capable of; this principle applies to detrimental as well as beneficial results.

These skills are to some extent self-instructive, in that the learning involves becoming comfortable with sitting. At first you may need to practice based only on motivation. You maintain a schedule structure, and follow the basic instructions and work with them.

You persevere. The initial aim of the practices is to mature the practice itself. Next, one projects the concepts out into society and practices during daily activity.

## Focus

The deliberate application of directed attention. **This is the single most important element of practice.** The success of the student in the *Course* totally depends on the non-stop *focused* application of the ideas.

Without constant non-stop focus the Last Step will *not* occur.

The habit of engaging with God ... is easily made if you actively refuse to let your mind slip away. The problem is not one of concentration; it is the belief that no one, including yourself, is worth consistent effort. ... do not permit this shabby belief to pull you back. The disheartened are useless to themselves... but only the ego can be disheartened. (Text Ch. 4 §5)

The *Course* is very strict with wandering thoughts and provides numerous techniques for dealing with this issue.

1. Make no effort to think of anything. Try, instead, to get a sense of turning inward, past all the idle thoughts of the world. (L #41)
2. Realize that, whatever forms thoughts may take, they have no meaning and no power. (L # 42-44)

3. If your attention wanders, repeat the idea and add:  
I will remember this because I want happiness. (L #62)
4. This thought reflects a goal that is preventing me from accepting my only function. (L #65)
5. This thought I do not want. I choose instead \_\_\_\_\_. Then repeat the idea for the day, and let it take the place of what you thought. (Sixth Rev. Intro.)

## Rememberance

This term originates in teachings parallel to the *Course*, and elements of rememberance are found in the Lessons. It is a fitting term because the hard part is *remembering* to Be it. In summary, this method consists of being all of the following all of the time and all at the same time:

Purpose	Blessing
Attention	Gratitude
State Aware	Unity
Vigilance	Delight
Strength	Perseverance

The practice of Rememberance must be from the time you awake until the time you awake, then repeated; daily. There are a number of variations of this list. Add to or modify it to help you dissolve your own personal lapses.

## Attack Thoughts

The directive to give up attack thoughts is a core concept in the Course. Attack thoughts include anger (no be kind), contempt (hate of gratitude), and annoyance (hidden fear).

To dissolve these taints, approaches like the following can be very powerful practices:

1. Conflict is the most obvious illusion. Totally eliminate every single conflict word from your vocabulary. Don't hit the road, embark gently. Don't tackle a job, approach it methodically.
2. Remember the Invulnerability of Self. The true-you cannot be harmed in any way. What you seek has existed since the beginning and will continue forever.
3. Show gratitude for what you *dislike*. There's Love in it. Contempt is the most subtle of influences and requires the utmost diligence to identify and dissolve.
4. See conflict as the only *problem*; everything else is an issue concealing an illusion which merely requires resolution and dissolution. No whining.

### **The Infernal Internal (Dialogue)**

Do not allow your intent to waver in the face of distracting thoughts. Realize that, whatever form such thoughts may take, they have no meaning and no power. Replace them with your determination to succeed. Do not forget that your will has power over all fantasies and dreams. Trust it to see you thru, and carry you beyond them all. (2nd Lesson Review)

Internal dialogue *makes* your world.

Internal dialogue *feeds* the Veil.

Internal dialogue *hardens* the Prison.

Internal dialogue *is* the Stranger that enslaves.

The internal dialogue will rebel at any attempt to suppress it. It thrives on conflict and so *must be silenced gently*. This requires dedicated perseverance.

Stop the infernal internal over and over and over.

Practice makes better.

As soon as possible, Be silence.

This is not easy,  
**but must be done to escape the darkness.** (Lesson #44)

Often inferred but not always explicitly stated, is the value in *redirecting the attention* to the **hearing**. In addition, unless directed to close the eyes, sitting with half-closed eyes alters brain waves and assists you with attaining the state you seek.

## Additions

The *Course* is a unified thought system in which nothing is lacking that is needed, and nothing is included that is contradictory or irrelevant. (Lesson #42)

1. **Journaling** –Psychologists, philosophers and mystics alike declare the efficacy of the journal. There is simply no known alternative way for one to escalate the process of the Work. Here are some common guidelines:
  - Make only brief notes on the Lesson. Record your questions and statements that you don't understand. Structure the journal as you like:  
Just. Do. It.
  - Paraphrase the concepts as if you are explaining them to someone. Add any related or alternative choice of words as they occur to you. This can call revelation:  
Write. It. Out.
  - Make lists any time you are directed to make a series of statements, recall issues, use your own words, etc. Basically, any time there is an excuse:  
Make. A. List.
  - Watch for hints, with language such as "note carefully any signs." These are directives to examine your-self carefully in the context of the Idea:  
Write. It. Out.

- There is sometimes value in reviewing entries from previous months. Do not get obsessed with what you have written. You have much more important tasks to attend to, such as:  
Sit. And. Listen.
2. **Pocket timer** -- A number of Lessons call for designated thru the day. (Lesson 20 is the first.) It can be impossible to remember to do this. This can sometimes be resolved with a pocket size timer, or setting a cell phone alarm, as a reminder.

There is no Law but yours. (Lesson #76)



# **Daily Lesson Guide**

*Doing the exercises makes the goal possible.  
An untrained mind can accomplish nothing.  
The goal of the workbook is to train your mind.*

(Intro. to Workbook)

## **Summary of the *Introduction* to the *Workbook for Students***

### **Purpose of the *Course***

- The intent is to train your mind to a different perception of everything in the world.
- The exercises generalize the lessons, so that you understand each as equally applicable to everything.

### **Basics of the approach**

- The theory in the *Text* gives the lessons meaning.
- Working the exercises make the goal of the *Course* possible.

### **Format of the *Course***

The *Workbook* is divided into two main sections:

1. Dealing with the undoing of the way you see now
2. Dealing with the acquisition of true perception.

Except for the six review periods, each exercise has one central idea, which is stated first. Then, a description of the specific procedures is given.

### **Fundamental instructions**

- The exercises do not need a great deal of time.
- It does not matter where you do them.
- They need no preparation.
- Do **not** to do more than one set of exercises a day.

### **Vital consideration**

If true perception is been achieved in connection with anything, total transfer to everyone and everything is certain.

One single exception held apart from true perception makes its accomplishments anywhere impossible.

## **Critical practice to be observed**

1. The exercises are to be followed with great specificity. This will help generalize the ideas to every situation, and to everything in it.
2. Be sure that you do not decide for yourself that there are some people, situations or things to which the ideas are inapplicable. This will interfere with transfer of training. True perception has no limits; the opposite of how you see now.

## **Remember this:**

1. You need not believe the ideas
2. You need not accept the ideas
3. You need not welcome the ideas.
4. Some of them you may actively resist.
5. None of this will matter, or decrease their operation.
6. Do not allow exceptions in applying the ideas.
7. Whatever your reactions to the ideas may be, use them.

Nothing more than that is required.

## Daily Lesson Guide Format

This format is used to summarize Part One (the first 220 lessons). The Reviews are in a different format, as described between Lessons 50 & 51. The Lessons for Part Two are in a different style due to a different presentation.

### **Lesson #**

**Idea** -- The first line in the Lesson. This is sometimes slightly abridged, especially in the reviews.

**Key** -- A few key words that contain the gist of the lesson being conveyed.

**Theory** -- A restatement of the Idea in terms of just-consciousness theory.

**Practice** -- A summary that helps guide the way as you work the day. These notes become more brief as the *Course* progresses. You need a routine as soon as possible.

**Formula** -- Where this is specified, the form is provided.

**Guide** -- This is a restatement of the Idea to assist Rememberance.

**!!!** It is vital that you read every entire Workbook Lesson very carefully **!!!**

## **Lesson # 1**

**Idea** -- Nothing I see means anything.

**Key** -- Meaning is incorrect.

**Theory** -- Our conception of meaning exists only in our brain; our meaning is absolutely unique to one individual and is known to no-one else.

**Practice** -- For short sessions, morning and evening; do the exercise in a relaxed sense, not ritualistically.

**Formula** -- This \_\_\_\_\_ does not mean anything.

**Guide** -- Impose no meaning.

---

## **Lesson # 2**

**Idea** -- I have given everything I see all the meaning that it has for me.

**Key** -- Interpretation is misguided.

**Theory** -- Everything has a different meaning for every person. With everyone conceiving differently, who can be correct in their assessment? How can we know?

**Practice** -- For short sessions, morning and evening; do the exercise in a relaxed sense, not ritualistically.

**Formula** -- I have given \_\_\_\_\_ all the meaning it has.

**Guide** -- Meaning is merely mine.

## **Lesson # 3**

**Idea** -- I do not understand anything I see.

**Key** -- Limited understanding.

**Theory** -- Because we misinterpret everything we view, we cannot understand what we look at in any way. Since the brain insists on interpreting anyhow, conflicts are inevitably.

**Practice** -- For short sessions, morning and evening; do the exercise in a relaxed sense, not ritualistically.

**Formula** -- I do not understand the \_\_\_\_\_ I view here.

**Guide** -- Keep a clear mind.

---

## **Lesson # 4**

**Idea** -- These thoughts do not mean anything.

**Key** -- Illusion of thinking.

**Theory** -- Our internal dialogue represents random misfires of neural memory circuits. They have no relationship to ambient reality.

**Practice** -- This is similar to previous lessons, done three or four times over the day.

**Formula** -- This thought about \_\_\_\_\_ has no meaning. It is like the things I see.

**Guide** -- Watch my thoughts.

## **Lesson # 5**

**Idea** -- I am never upset for the reason I think.

**Key** -- All upsets are fear based.

**Theory** -- Much of our behavior is ruled by unconscious primal fear circuits. In the previous stage of evolution, these circuits aided survival; they are no longer necessary and in fact are detrimental to peaceful well-being.

**Practice** -- This is similar to previous lessons, and should be done as three or four dedicated practices over the day.

**Formula** -- I am not upset at \_\_\_\_\_ for the reason I think.

**Guide** -- Patience dissolves fear.

---

## **Lesson # 6**

**Idea** -- I am upset because I see something that is not there.

**Key** -- Illusion clouds Vision.

**Theory** -- What we think we see includes unconscious judgements. Judgements cause internal hallucination.

**Practice** -- This should be done over the day, with three or four dedicated practices.

**Formula** -- I feel \_\_\_\_\_ toward \_\_\_\_\_ because I see something that is not there

**Guide** -- Upsets are illusions.



## **Lesson #7**

**Idea** -- I see only the past.

**Key** -- The past clouds Vision.

**Theory** -- Unconsciousness judgements are partly based on trivial and useless memory information, a literally uncontrolled information dump by the brain.

**Practice** -- This should be done over the day, with three or four dedicated practices.

**Formula** -- I see only the past in that \_\_\_\_\_.

**Guide** -- Look at the present.

---

## **Lesson # 8**

**Idea** -- My mind is preoccupied with past thoughts.

**Key** -- Memory rules internal dialogue.

**Theory** -- In addition to clouding sight, dwelling on the past also prevents being in the present.

**Practice** -- The exercise should be done with eyes closed, three or four times over the day.

**Formula** -- I seem to be thinking about \_\_\_\_\_.  
But my mind is preoccupied with past thoughts.

**Guide** -- Be here now.

## **Lesson # 9**

**Idea** -- I see nothing as it is now.

**Key** -- What we see is clouded by what we think about. Since our thoughts revolve around the past, we taint everything we view with associations of the past.

**Theory** -- This continues the thread of pervious days.

**Practice** -- The exercise should be done three or four times over the day.

**Formula** -- I do not see this \_\_\_\_\_ as it is now.

**Guide** -- Intensify focus.

---

## **Lesson # 10**

**Idea** -- My thoughts do not mean anything.

**Key** -- Thinking may not be thought.

**Theory** -- The internal dialogue is due to semi-random misfires of the brain. It is mere nostalgia or grudge and fantasy or foreboding.

**Practice** -- Five practice sessions are recommended, each of a minute or so.

**Formula** -- My thought about \_\_\_\_\_ means nothing. This idea will help release me from all I now believe.

**Guide** -- Real thought is in silence.

## **Lesson # 11**

**Idea** -- My meaningless thoughts are showing me a meaningless world.

**Key** -- Illusion creates illusion.

**Theory** -- Internal dialogue impacts on the interpretation of information collected by the bodies eyes.

**Practice** -- Close eyes and repeat idea slowly. Open eyes and look about. Work slowly in three to five sessions.

**Formula** -- Use the full idea today.

**Guide** -- Sense no meaning.

---

## **Lesson # 12**

**Idea** -- I am upset because I see a meaningless world.

**Key** -- False meaning disturbs.

**Theory** -- Any upset always involves an attempt to justify false meaning. There is always a fear element involved.

**Practice** -- Work with eyes open in three to five short sessions. This is to be done at a special pace (see Lesson).

**Formula** -- I think I see a \_\_\_\_\_ world. (Substitute words meaning evil and insane and fear, oh my!) But I am upset because I see a meaningless world.

**Guide** -- Patience prevents upset.

## **Lesson # 13**

**Idea** -- A meaningless world engenders fear.

**Key** -- Fear triggers conflict.

**Theory** -- The default meaning we impose on everything is excessively influenced by primal fear neural networks.

**Practice** -- Start with eyes open; work in three to five short sessions.

**Formula** -- I am looking at a meaningless world. A meaningless world engenders fear because I think I am in competition with God.

**Guide** -- Withhold judgement.

---

## **Lesson # 14**

**Idea** -- God did not create a meaningless world.

**Key** -- Authentic reality is different.

**Theory** -- Awareness is clouded by illusions. Knowing we are influenced is an important step in understanding.

**Practice** -- With eyes closed, work three or more sessions.

Apply as needed thru the day. (**Watch for this directive.**)

**Formula** -- God did not create that \_\_\_\_\_, so it is not real. (Consider events that rumor tells you about.)  
God did not create a meaningless world.

**Guide** -- Fear is illusion.

## **Lesson # 15**

**Idea** -- My thoughts are images that I have made.

**Key** -- Reality is beyond thinking.

**Theory** -- Our thought makes our sight, and this mostly prevents authentic Vision of actual reality.

**Practice** -- Work in three or four one minute sessions. Apply as needed thru the day.

**Formula** -- This \_\_\_\_\_ is an image that I have made.

**Guide** -- Thought makes my world.

---

## **Lesson # 16**

**Idea** -- I have no neutral thoughts.

**Key** -- Thought has power.

**Theory** -- Thought has the ability to make false reality. It is always about 'good or evil' and never middle of the road.

**Practice** -- Work in three to five one minute sessions. Apply as needed thru the day.

**Formula** -- This thought about \_\_\_\_\_ is not neutral, because I have no neutral thoughts.

**Guide** -- Observe thoughts.

## **Lesson # 17**

**Idea** -- I see no neutral things.

**Key** -- Good and bad are compulsions.

**Theory** -- Thought makes impressions and is not benign, things take false meaning. This combines #15 & 16.

**Practice** -- Work in three or four one minute sessions.

**Formula** -- I do not see a neutral \_\_\_\_\_ because my thoughts about \_\_\_\_\_ are not neutral.

**Guide** -- Increase self-observation.

---

## **Lesson # 18**

**Idea** -- I am not alone in experiencing the effects of my seeing.

**Key** -- Minds are joined.

**Theory** -- This is explained in and exemplified by Consensus Reality theory. Since thought spawns Vision, our seeing is also joined.

**Practice** -- Three or four sessions of a minute or so.

**Formula** -- I am not alone in experiencing the effects of how I see \_\_\_\_\_. I am not alone in experiencing the effects of my seeing.

**Guide** -- Observe reactions.

## **Lesson # 19**

**Idea** -- I am not alone in experiencing the effects of my thoughts.

**Key** -- To think is to perceive.

**Theory** -- Since we are not alone in our seeing, and thought is interwoven with sight, we are not alone at all.

**Practice** -- With eyes closed, three or four sessions of a minute or so.

**Formula** -- I am not alone in experiencing the effects of this thought about \_\_\_\_\_. I am not alone in experiencing the effects of my seeing.

**Guide** -- Thought ripples my world.

---

## **Lesson # 20**

**Idea** -- I am determined to See.

**Key** -- Determination helps rewire the brain.

**Theory** -- Incorrect sight causes suffering. Realizing that (1) our sight is deficient and (2) a firm perseverance is necessary are the start to objective Vision.

**Practice** -- Remind yourself slowly and positively, twice an hour. Apply to any situation of upset thru the day. (Structure is now an important part of our Work.)

**Formula** -- I am determined to see.

**Guide** -- Firm desire creates sight.

## **Lesson # 21**

**Idea** -- I am determined to see things differently.

**Key** -- Anger prevents Vision.

**Theory** -- Anger circuits are a major factor causing inappropriate memory to be dumped into the brain's sight processing. This creates attack rather than Vision.

**Practice** -- Five practice sessions are needed. Take a full minute for each session.

**Formula** -- I am determined to see \_\_\_\_\_ (name or situation) differently. (See Lesson for exceptions.)

**Guide** -- Firm desire can dissolve illusion.

---

## **Lesson # 22**

**Idea** -- What I see is a form of vengeance.

**Key** -- Defense is an illusion.

**Theory** -- Revenge dynamics is a cycle of attempting to regain power. It is self-sustaining and self-amplifying.

**Practice** -- Practice at least five times, for at least a minute each time.

**Formula** -- I see only the perishable. I see nothing that will last. What I see is not real, but is a form of vengeance. This is not the world I really want to see!

**Guide** -- I see only illusion.



## **Lesson # 23**

**Idea** -- I can escape from the world I see by giving up attack thoughts.

**Key** -- Defense is vengeance.

**Theory** -- Our world ("the world") is caused by our thought and not ever by anything else.

**Practice** -- This is a critical lesson; read it very carefully. Practice at least five times, for at least a minute each time.

**Formula** -- I can escape from the world I see by giving up attack thoughts about \_\_\_\_.

**Guide** -- Identify and let go.

---

## **Lesson # 24**

**Idea** -- I do not perceive my own best interests.

**Key** -- Goals are conflict.

**Theory** -- Our brains are a cauldron of desires and these conflict because there is no common framework.

**Practice** -- This can be a difficult lesson. Five sessions are directed, and you may need time more than specified.

**Formula** -- In the situation involving \_\_\_\_, I would like \_\_\_\_ to happen, and \_\_\_\_ to happen . . .  
I do not perceive my own best interests in this situation,

**Guide** -- Seek only Light.

## **Lesson # 25**

**Idea** -- I do not know what anything is for.

**Key** -- Meaning exists only in purpose.

**Theory** -- While everything has purpose, it is not there to serve ego. Ego (personal) goals stifle our development.

**Practice** -- Conduct six practice sessions, each at least two minutes duration.

**Formula** -- I do not know what this \_\_\_\_\_ is for. Select items as randomly as possible.

**Guide** -- Goals are meaningless.

---

## **Lesson # 26**

**Idea** -- My attack thoughts are attacking my own invulnerability.

**Key** -- The veil ricochets thoughts.

**Theory** -- Every species of attack thought has a single purpose, and that is to make us feel vulnerable. Every attack is only an attack on our self and nothing else.

**Practice** -- Six practice sessions are required today, each of at least two minutes duration.

**Formula** -- I am concerned about \_\_\_\_\_. I am afraid \_\_\_\_\_ will happen. That thought is an attack upon myself.

**Guide** -- Vision is invulnerability.

## **Lesson # 27**

**Idea** -- Above all else I want to See.

**Key** -- Vision is the priority.

**Theory** -- The determination to acquire Vision and the cultivation of perseverance of Rememberance are essential mindsets to succeed in the Work.

**Practice** -- Many repetitions are required today; attempt the formula every half hour, or more often if possible.

**Formula** -- Vision has no cost to anyone. It can only bless.

**Guide** -- Blindness shall end.

---

## **Lesson # 28**

**Idea** -- Above all else I want to see things differently.

**Key** -- Sight is not Clear Vision.

**Theory** -- In addition to seeing mostly the past, we also see everything as fragments, when in fact there is only one single whole.

**Practice** -- Complete six two minute sessions today.

**Formula** -- State the Idea, then: "I ask to see the purpose of the universe. Above all else I want to see this \_\_\_\_\_ differently."

**Guide** -- Reality is better.

## Turning Point

So far, the lessons have been largely theoretical. They have been important because of the psychological currents they establish – the beginning of the end of illusion.

Now, you are one moon into the *Course*, and a routine should be set in. Your morning sessions are more intense, yet still relaxed, and enthusiasm is increasing. The Ideas are occupying more and more of your internal dialogue. Do not forget that you have eleven months to go.

The next lesson begins to make the concepts more directly experience based, and not merely academic. It becomes even more important to read and consider the lessons very carefully. The exercises must be approached with increasing focus. Let there be Light.

---

## Lesson # 29

**Idea** -- God is in everything I see.

**Key** -- All is consciousness.

**Theory** -- Consciousness, being a fundamental aspect of everything, exists in everything. You are that.

**Practice** -- Six sessions are required for at least two minutes each today. Select at random, not as ritual. Repeat the idea at least once an hour.

**Formula** -- God is in this \_\_\_\_\_, and in that \_\_\_\_\_.

**Guide** -- Gratitude for everything.

## **Lesson # 30**

**Idea** -- God is in everything I see because God is in my mind.

**Key** -- Springboard for Vision.

**Theory** -- This is a radical, and very important lesson. It is experiential; the theory is in the practice.

**Practice** -- Read and consider the lesson. This procedure can be *transformational* if it is practiced intensely. Apply it often with the optic eyes opened, then closed.

See all around what is in your mind.

**Formula** -- The Idea is used. Repeat frequently.

**Guide** -- Vision is ambient.

---

## **Lesson # 31**

**Idea** -- I am not the victim of the world I see.

**Key** -- Freedom from conflict.

**Theory** -- This continues the theme of Lesson 23. The world is not our enemy; this error is created by our thoughts. We see as victim because we think *in* victim.

**Practice** -- Complete two special sessions, morning and evening. Repeat the Idea as often as possible. Use the Idea to dissolve temptation.

**Formula** -- The Idea is used.

**Guide** -- World is Joy.

## **Lesson # 32**

**Idea** -- I have invented the world I see.

**Key** -- Thought makes world.

**Theory** -- Our world is also engineered by secondary thought patterns. Each of us must self-observe to discover these patterns as the first step to dissolve them.

**Practice** -- Morning and evening sessions at least three minutes long are required; longer is better. Apply the Idea frequently thru the day and to answer any distress.

**Formula** -- I have invented this situation as I see it.

**Guide** -- Think joy, see joy.

---

## **Lesson # 33**

**Idea** -- There is another way of looking at the world.

**Key** -- As is Inner, so be Outer.

**Theory** -- This continues the theme of Lesson 32, and introduces the concept of miracle as perception change. The change is triggered by removal of blockages.

**Practice** -- Commit a full five minutes for morning and evening sessions. Note the special instructions for practice thru the day.

**Formula** -- Use the Idea, but not as a mantra. Thru the day use "There is another way of looking at (this) \_\_\_\_."

**Guide** -- Observe Self.

## **Lesson # 34**

**Idea** -- I could see peace instead of this.

**Key** -- Thought replacement.

**Theory** -- This continues the theme of Lesson 33 in a somewhat more specific way. Perception occurs thought by thought by thought.

**Practice** -- Dedicate five minutes three times today, plus frequent shorter sessions.

**Formula** -- I can replace my feelings of worry or \_\_\_\_\_ [or my thoughts about this situation] with peace.

**Guide** -- Let there be Joy.

---

## **Lesson # 35**

**Idea** -- My mind is part of God's. I am very holy.

**Key** -- Only One Consciousness.

**Theory** -- Self-awareness is crucial to identify personal blockages of consciousness. An individual inventory is a valuable tool of self-discovery.

**Practice** -- Work gently, do not force the thoughts. Dedicate five minutes three times today.

**Formula** -- I see myself as \_\_\_\_\_. But my mind is part of God's. I am very holy. Repeat this frequently.

**Guide** -- Holiness is inherent.

## **Lesson # 36**

**Idea** -- My holiness envelops everything I see.

**Key** -- Vision is sinless.

**Theory** -- Consciousness holds no illusion, therefore no sin. Sin exists only in neural networks. It is simply not real.

**Practice** -- Four sessions, of five minutes each, spaced every four hours or so, are needed today.

**Formula** -- Close eyes, say the Idea. Open eyes and say "My holiness envelops this / that \_\_\_\_."

**Guide** -- Holiness is everywhere.

---

## **Lesson # 37**

**Idea** -- My holiness blesses the world.

**Key** -- Project Blessing.

**Theory** -- Our Prime Function is the achievement of Clear Vision. This is absolutely equivalent to the End of Suffering, or Salvation. The saving does require work.

**Practice** -- Four sessions, the same as Lesson # 36. Apply the Idea as often as possible.

**Formula** -- My holiness blesses this /that \_\_\_\_, and you, \_\_\_\_\_. My holiness blesses the world.

**Guide** -- My holiness is everywhere.



## **Lesson # 38**

**Idea** -- There is nothing my holiness cannot do.

**Key** -- Holiness channels energy.

**Theory** -- Holy (qadosh, hagios) means 'special' or 'different.' Those with Clear Vision are thus holy and can See what to Do.

**Practice** -- Four sessions, each at least five minutes, are required. Keep in mind that you should add to the formula when possible.

**Formula** -- In the situation involving \_\_\_\_\_ in which I see myself, there is nothing that my holiness cannot do.

**Guide** -- Holiness is unlimited.

---

## **Lesson # 39**

**Idea** -- My holiness is my salvation.

**Key** -- Holiness is not guilty.

**Theory** -- Guilt is a primary blockage; a critical component of the Veil. Holiness is our special nature that we are not yet able to See because guilt is in the way.

**Practice** -- Four or more sessions, five minutes or longer, are required. Study the detailed specific instructions today.

**Formula** -- My unloving thoughts about \_\_\_\_\_ are keeping me in hell. My holiness is my salvation.

**Guide** -- Guilt is illusion.

## **Lesson # 40**

**Idea** -- I am blessed as a Son of God.

**Key** -- Contentment is a birthright.

**Theory** -- All is well. Unhappiness is a clue to the illusion of unfulfilled need, disconnectedness and a feeling of general stupor. Feel blessed, be happy!

**Practice** -- There are no long sessions today; the formula should be repeated very frequently. Closing the eyes may be beneficial, although is not totally necessary.

**Formula** -- Say the Idea. When possible, add "I am happy, peaceful, loving and contented. I am calm, quiet, assured and confident."

**Guide** -- Calm existence.

---

## **Lesson # 41**

**Idea** -- God goes with me wherever I go.

**Key** -- Separation is illusion.

**Theory** -- Consciousness is everywhere and everything is a corollary of Consciousness; part and parcel.

**Practice** -- Conduct one long session, as early as possible. Thru the day, stop and say the Idea slowly.

**Formula** -- God goes with me wherever I go.

**Guide** -- All is everywhere.

## **Lesson # 42**

**Idea** — God is my strength. Vision is His gift.

**Key** — Weakness is illusion.

**Theory** — Strength is absence of the illusion of weakness. Being a corollary of Consciousness, Strength is automatic. All illusions that block Consciousness block Vision.

**Practice** — The long sessions are best done as first and last tasks today. Spend five full minutes thinking of nothing but the Idea.

**Formula** — Repeat the Idea, then use your words, like: "Vision is absolutely possible." Do many short practices.

**Guide** — We are strength.

---

## **Lesson # 43**

**Idea** — God is my Source. I cannot see apart from Him.

**Key** — Perception becomes knowledge.

**Theory** — Clear Vision is possible only thru and with Consciousness. All illusions are blockages and vice versa.

**Practice** — Note the detailed instructions. The long sessions are done as first and last tasks, plus one mid-day. Apply to as many situations as possible thru the day.

**Formula** — God is my Source. I cannot see this \_\_\_\_\_ apart from Him. See the lesson for variations.

**Guide** — Vision is natural.

## **Lesson # 44**

**Idea** -- God is the light in which I see.

**Key** -- Light is within.

**Theory** -- Clear Vision cannot be sensed because of blockages. Vision is not obtained, it is already there.

**Practice** -- This lesson marks the beginning of the practice of accomplishment. **This training must be successful if you are to See.** The lesson must be considered very carefully. There is no limit to the amount of time you may spend with this type of practice. At least three long sessions are specified. Longer and more frequent practice creates more rapid success.

This is the absolute simplest form of sitting exercise. There is no particular requirements except to sit quietly and observe your thoughts. This practice should be relaxing, so if you encounter resistance or fear, open the eyes and repeat the idea. Make haste slowly.

Sitting practice will become more intense, with additional elements from time to time. If you are already able to stop the Internal Dialogue, all the better. However, for now the goal is simply to require your body to be still and listen.

**Formula** -- God is the light in which I see.

(Remind yourself repeatedly thru the day that  
to reach light is to escape from darkness.)

**Guide** -- I am equipped to See.

## **Lesson # 45**

**Idea** -- God is the Mind with which I think.

**Key** -- We are One Mind.

**Theory** -- Real thoughts are hidden by random misfires of the brain, which creates the internal dialogue. The first part of the lesson makes some quite profound statements.

**Practice** -- Attempt to reach your real thoughts. This is similar to Lesson 44. Now you work to gently stop the Internal Dialogue. (See "Details Regarding Practice.")

**Formula** -- My real thoughts are in my mind. I would like to find them.

**Guide** -- Real Thought is unified.

---

## **Lesson # 46**

**Idea** -- God is the Love in which I forgive.

**Key** -- Love is the absence of fear.

**Theory** -- Although we must forgive others as a step, it is actually our own thoughts that need forgiveness for illusions condemning others in the first place.

**Practice** -- Conduct three five-minute practice periods, and as many shorter ones as possible.

**Formula** -- God is the Love in which I forgive myself.

**Guide** -- Forgive is all or null.

## **Lesson # 47**

**Idea** -- God is the strength in which I trust.

**Key** -- Self is invulnerable.

**Theory** -- Until we dissolve our blockages, we have the nagging illusion of weakness, although the strength of consciousness is absolute.

**Practice** -- Four session of at least five minutes are to be completed today. Longer sessions are better. Calm sitting is essential. Stop and state the Idea as often as possible.

**Formula** -- God is the strength in which I trust.

**Guide** -- Fear is illusion.

---

## **Lesson # 48**

**Idea** -- There is nothing to fear.

**Key** -- Fear is illusion.

**Theory** -- The authentic Self is invulnerable. If something cannot be harmed in any way, what can there be to fear?

**Practice** -- Continue with sitting sessions as indicated in Lessons 44 & 45!!! Thru the day, repeat the Idea as often as possible. This should be done slowly and with full faith.

**Formula** -- There is nothing to fear.

**Guide** -- Self cannot be afflicted.

## **Lesson # 49**

**Idea** -- God's Voice speaks to me all thru the day.

**Key** -- Truth flows constantly.

**Theory** -- The Voice of the Friend is beyond the internal dialogue. It's initially like a whisper in a crowd, self-quiet is essential for Hearing.

**Practice** -- Set aside as many five minute sessions as possible. Continue gently stopping the dialogue. Repeat the idea as often as possible.

**Formula** -- God's Voice speaks to me constantly.

**Guide** -- Calm listening.

---

## **Lesson # 50**

**Idea** -- I am sustained by the Love of God.

**Key** -- Consciousness belays fear.

**Theory** -- Social standing and trinkets only offer the illusion of safety. Genuine safety is within, is inherent and is totally self-acting.

**Practice** -- Two long practices, at least ten minutes each are necessary today. Stop and consider the idea often.

**Formula** -- I am sustained by the Love of God.

**Guide** -- Relaxed abiding.

## First Review – Overview

The reviews are in a different form than the primary lessons. This is intended to produce a second and fresh approach for the purpose of deepening the ideas. Maintain attention on the reviews, and *not* the primary lessons *or* your earlier conceptions.

Again, it is important to work first from the published material, and use these summaries only thru the day.

The daily review sections do not contain individual Key, Theory, Practice, Formula or Guide. The review sections are about contemplation.

Stay open to the experience. Remember that this Work is about Being, and about not facts. Consider carefully how the Ideas interact with each other.

Devote a full three minutes (at least) considering each of the five reviews for the day. Then contemplate each with closed eyes. Thru the day, repeat in a quiet place. In the evening, repeat the full morning session simply sitting quietly and focusing on the Ideas.

Here, the concept that you must apply the Ideas anywhere and every-where, any-time and every-time is mentioned again. (See Lessons 40 & 50)

The Review-Introduction has some fine points in its theory and instructions. Consider re-reading this on a daily basis.

Know thyself patiently; the brain is not rewired in a day.



## **Lesson # 51 – Review #1-5**

**Nothing I see means anything.** This is because I see nothing, and nothing has no meaning. I must recognize this, so I may learn to see. I must let it go of what I think I see by realizing it has no meaning, so Vision take its place.

**I have given what I see all the meaning it has for me.** I judge everything I look at, and this is all I see. This isn't Vision. It's an illusion; judgments made apart from reality. I recognize the error, because I want to see. My judgments hurt me.

**I do not understand anything I see.** How could I understand what I have judged? All I see is my errors. It is not understandable. There is every reason to let it go, and make room for what can be seen and loved. I can exchange all merely by being willing.

**These thoughts do not mean anything.** Internal dialogue does not mean anything because I am thinking without God. "My" thoughts are not real thoughts. My real thoughts I think with God. I am not aware because my dialogue takes their place. I am willing to let my thoughts go. I choose to replace them by what they were intended to conceal.

**I am never upset for the reason I think.** I am always trying to justify my thoughts. I am trying to make them true. I make all my enemies, so anger is justified. I have misused everything by assigning this role. I am willing to let it go.

## **Lesson # 52 – Review #6-10**

**I am upset because I see what is not there.** Reality is never frightening. It is impossible that it can upset me. Upsets are always because I have replaced reality with illusions I made up. The illusions are upsetting because I have given them reality. I am always upset by nothing.

**I see only the past.** As I look about, I condemn the world I look upon. I hold the past against everyone and everything, making them my enemies. When I have forgiven myself, I will bless everyone and everything I see. And I will look with love on all that I failed to see before.

**My mind is preoccupied with past thoughts.** I see only my own thoughts, and my mind is preoccupied with the past. Let me remember that I look on the past to prevent the present from dawning on my mind. Let me understand that I am trying to use time against God. Let me learn to give the past away.

**I see nothing as it is now.** It can truly be said that I see nothing. The choice is not whether to see the past or the present; the choice is merely whether to see or not. What I have chosen to see has cost me Vision. Now I would choose that I may see.

**My thoughts do not mean anything.** It is only private thoughts of which I am aware. They do not exist, and so they mean nothing. Yet my mind is part of creation. I'd rather join the thinking of the universe than to obscure all that is mine with my pitiful "private" thoughts?

## **Lesson # 53 – Review #11-15**

### **Meaningless thoughts show a meaningless world.**

Since thoughts I am aware of do not mean anything, the world that pictures them has no meaning. What is producing this world is insane, and so is what it produces. I also have real thoughts. I can see a real world.

### **I am upset because I see a meaningless world.**

Insane thoughts are upsetting. They produce a world in which there is no order. Only chaos rules, and chaos has no laws. I cannot live in peace in such a world. I am grateful that I need not see it at all unless I choose to value it. I do not choose to value what is totally insane.

**A meaningless world engenders fear.** The insane allows fear because it holds no safety and no hope. Such a world is not real. I have given it the illusion of reality, and suffered from my belief. I withdraw this, and place trust in reality. I escape fear, because it does not exist.

**God did not create a meaningless world.** He is the Source of all meaning, and everything that is real is in His Mind. It is in my mind too. Why should I suffer from my insane thoughts, when the perfection of creation is home? Let me remember my decision, and where I really abide.

**My thoughts are images that I have made.** It is my thoughts that see a world of suffering and loss. I see only the reflection of my thoughts, and not do allowing my real thoughts to cast their light. My will is Gods, and I will place no other gods before Him.

## **Lesson # 54 – Review #16-20**

**I have no neutral thoughts.** Thoughts have power, either making a false world or leading to the real. As what I see arises from thinking errors, so will the real world rise as I let errors be corrected. My thoughts cannot be neither true nor false. What I see shows me which they are.

**I see no neutral things.** What I see is witness to what I think. I look on the world I see as the representation of my own state of mind. My state of mind can change. And so I also know the world I see can change as well.

**I am not alone in experiencing effects of my seeing.** If I have no private thoughts, I cannot see a private world. Even the insane idea of separation had to be shared. I call upon my real thoughts, which share everything with everyone, and awaken the real thoughts in others.

**I am not alone in the effects of thoughts.** I am alone in nothing. Everything I think or say or do teaches all the universe. A Son of God cannot think or speak or act in vain. It is therefore in my power to change every mind along with mine, for mine is the power of God.

**I am determined to see.** Recognizing the shared nature of thoughts, I am determined to see. I would look upon the witnesses that show me the thinking of the world has been changed. I would behold the proof that what has been done thru me has enabled love to replace fear. I let the world teach that my will and the Will of God are one.

## **Lesson # 55 – Review #21-25**

**I am determined to see things differently.** What I see is but disease and disaster. This can't be what God created for me. That I see such things is proof that I don't understand. I don't know who I am. I am determined to see the witnesses to truth, rather than to illusion.

**What I see is a form of vengeance.** The world I see is hardly represents loving thoughts. It is an attack on all by all. It is anything but a reflection of the Love of God. It is my own attack thoughts that create this picture. My loving thoughts will save me from this world.

**I can escape by giving up attack thoughts.** Here lies salvation. Without attack thoughts I can't see a world of attack. As forgiveness allows love to return to awareness, I will see a world of peace and safety and joy. And it is this I choose to see, in place of what I look on now.

**I do not perceive my own best interests.** I do not know who I am. What I think are my best interests merely bind me to the world of illusion. I will follow the Guide to find out what my best interests are, as I can't perceive them by myself.

**I do not know what anything is for.** I see all purpose is to prove my illusions are real. It is for this that I use everyone. It is this that I believe the world is for. So I don't recognize real purpose. The purpose I have given is a frightening picture. Open my mind to the world's purpose by letting go of the one I gave it.

## **Lesson # 56 – Review #26-30**

**Attack thoughts attack my invulnerability.** How can I know who I am -- I see myself as under attack? Illness, loss and death seem to threaten me. All my hopes and plans appear at the mercy of a world I can't control. Yet perfect security and fulfillment are my right. I have tried to give my inheritance away in exchange for the world I see.

**Above all else I want to see.** What I see reflects what I think. The world I see attests to the fearful nature of the image I have made. If I will remember who I am, I must let this image go. As it is replaced by truth, Vision will surely be given me. I will look with charity and love.

**Above all else I want to see differently.** The world I see holds my fearful image, and assures it continues. If I see the world as I see it now, truth can't enter awareness. I would let the door be opened for me, that I may look past it to the world that reflects the Love of God.

**God is in everything I see.** Behind every image, the truth remains. Behind every veil across the face of love, light exists. Beyond all my insane wishes is my will, united with the Will of my Father. We who are part of Him will look past appearances, and recognize truth beyond them.

**God is in everything I see because God is in my mind.** In my own mind, behind all my insane thoughts of separation and attack, is the knowledge that all is one forever. I have not lost the knowledge of Who I am, but only forgotten it.

## **Lesson # 57 – Review #31-35**

**I am not a victim of the world.** I can totally undo the world if I choose! My chains are loosened. The prison door is open. Nothing holds me in this world. Only my thought keeps me a prisoner. I give up insane wishes and walk into the Light.

**I have invented the world.** I made the prison. I need to recognize this and I am free. I have tricked myself into thinking it is possible to imprison the Son of God. I no longer want this belief. The Son must be free. I am as created, and not what I made.

**There is another way of looking at the world.** The purpose of the world is not the one I ascribed, there is another way of looking. I see upside down, and the opposite of truth. I will look on the world as it is, a place where the Son finds freedom.

**I could see peace instead of this.** When I see the world as freedom, I know it reflects the laws of God instead of the rules I made up. I will See that peace, not war, abides in it. I will See peace that abides in the hearts of all who share this place with all.

**My mind is part of God.** I am very Special. I share the peace of the world with my brothers, I understand this peace comes from deep within. The world has taken on the my forgiveness, and shines forgiveness back. I begin to understand the holiness of all living things, including myself, and their oneness with me.

## **Lesson # 58 – Review #36-40**

**My holiness envelops everything.** Perception of the real world comes from holiness. Having forgiven, I no longer see myself as guilty. I accept innocence that is truth about me. Seen thru understanding, holiness is all I see, for I picture only the thoughts I hold about myself.

**My holiness blesses the world.** The perception of my holiness does not bless me alone. Everything I see in its light shares in the joy it brings me. Nothing is apart from this joy, because everything shares my holiness. As I recognize so does the world shine forth for everyone.

**There is nothing my holiness cannot do.** My holiness is unlimited in its power. What is to be saved from but illusion? What are illusions except false ideas? Holiness undoes them all by asserting the truth. In the presence of holiness, which I share with God, all idols vanish.

**My holiness is my salvation.** Since holiness saves from all guilt, recognizing holiness recognizes salvation. It also recognizes salvation of the world. I have accepted my holiness, nothing can make me fear. Since I am unafraid, everyone must share, this is the gift of God to the world.

**I am blessed as a Son of God.** Here lies my claim to all and only good. I am blessed as a Son of God. All good things are mine, God intended all good things for me. I can't suffer any loss or deprivation or pain because of who I am. Father supports, protects and directs me in all things. His care is infinite and with me forever. I am eternally blessed as His Son.



## **Lesson # 59 – Review #41-45**

**God goes with me wherever I go.** How can I be doubtful and unsure when perfect certainty abides in Him? How can I be disturbed when He rests in absolute peace? How can I suffer joy surround me? I am perfect because God goes with me wherever I go.

**God is my strength. Vision is His gift.** Let me not rely on my eyes to see. I am willing to exchange my illusion of seeing for the Vision that is given by God. Vision is given to me. Let me call upon this gift today, so that this day may help me to understand eternity.

**God is my Source.** I cannot see apart from Him but can see what God wants. Beyond His Will lie only illusions. this I choose when I think I can see apart from Him, thru the body's eyes. Yet the Vision of Christ can replace them. It is thru this Vision that I choose to see.

**God is the light in which I see.** I cannot see in darkness. God is the only light. If I am to see, it must be thru Him. I have tried to define seeing, and was wrong. Now I welcome clear Vision and a happy world.

**God is the Mind with which I think.** I have no thoughts I do not share with God. I have no thoughts apart from Him, because I have no mind apart from His. As part of His Mind, my thoughts are His and His Thoughts are mine.

## **Lesson # 60 – Review #46-50**

**God is the Love in which I forgive.** God can't forgive because He never condemned. Those who have accepted innocence see nothing to forgive. Yet forgiveness is the means by which I recognize innocence. It is the reflection of God's Love on earth.

**God is the strength in which I trust.** It is not my own strength thru which I forgive. It is thru strength, which I remember as I forgive. As I begin to see, I recognize His reflection on earth. I forgive all things as I feel His strength stirring in me. I begin to remember the Love I chose to forget.

**There is nothing to fear.** How safe the world will look when I can see! It will not look like what I imagine now. Everyone and everything I see will bless me. I will See in everyone my dearest Friend. What could there be to fear in a world that has forgiven me?

**God's Voice speaks to me thru the day.** There is no moment when His Voice fails to direct my thoughts and guide my actions. I walk steadily toward truth. There is nowhere else I can go, because God's Voice is the only Guide that has been given to His Son.

**I am sustained by the Love of God.** As I listen to God's Voice, I am sustained by His Love. As I open my eyes, His Love lights up the world for me to see. And as I look upon the world with the Vision He has given me, I remember that I am His Son.

## **Lesson # 61**

**Idea** -- I am the light of the world.

**Key** -- Salvation is Function. (See Lessons 37 & 43)

**Theory** -- Light, Consciousness and Salvation are different symbols for one single unity. The simple calm acceptance of this, with full faith, has powerful potential.

**Practice** -- Begin and end the day with long dedicated sessions, and have as many short periods as possible.

**Formula** -- I am the light of the world. That is my only function. That is why I am here.

**Guide** -- Humble sufferance.

---

## **Lesson # 62**

**Idea** -- To Forgive is my function as the Light of the world.

**Key** -- Forgive all and every.

**Theory** -- To fully forgive is to fully forget. Here 'give' and 'get' are absolute equivalents. Thus we leave the past.

**Practice** -- Contemplation is assigned both morning and evening. It should be your habit to repeat the Idea as often as possible.

**Formula** -- Forgiveness is my function as the light of the world. I will fulfill my function so I will be happy.

**Guide** -- Hold no grievance.

## **Lesson # 63**

**Idea** -- The light of the world brings peace to every mind thru my forgiveness.

**Key** -- Forgiveness extends forgiveness.

**Theory** -- Each of us is responsible for our own salvation; so it can then flow out to others and to every mind. Here is a call for enthusiasm.

**Practice** -- Continue regular morning and evening sessions. As always, say the Formula often thru the day.

**Formula** -- The light of the world brings peace to all minds thru my forgiveness. I am the means God has appointed for the salvation of the world.

**Guide** -- Suffering ends here.

---

## **Lesson # 64**

**Idea** -- Let me not forget my function.

**Key** -- Remembrance is holiness.

**Theory** -- Sight makes temptation makes illusion in a feedback loop. Focus on reality to remedy this situation.

**Practice** -- The instructions are the same as Lesson 63.

**Formula** -- Let me not forget my function. Let me not try to substitute mine for God's. Let me forgive and be happy.

**Guide** -- Non-stop focus.

## **Lesson # 65**

**Idea** — My only function is the one God gave me.

**Key** — Commitment and discipline.

**Theory** — The tension on the brain that is produced by determination is essential to achieving Vision.

**Practice** — Two long sessions are required beginning today. Do not discount the importance of this. Note the special instructions. Gently increase the intensity.

**Formula** — This thought reflects a goal that is preventing me from accepting my only function. Add a thought. Say the Idea, then "I want no other and I have no other

**Guide** — Vigilance increases joy.

---

## **Lesson # 66**

**Idea** — My happiness and my function are one.

**Key** — Salvation is same as happiness.

**Theory** — The only way to end all suffering is to remove all blockages of consciousness.

**Practice** — Complete the regular two long sessions and as many short periods as possible.

**Formula** — God gives me only happiness. He has given my function to me. Therefore my function must be happiness.

**Guide** — Enthusiastic perseverance.

## **Lesson # 67**

**Idea** -- Love created me like itself.

**Key** -- God's Names are my Names.

**Theory** -- We are Consciousness. We hold the corollaries of consciousness as reality itself. We Are.

**Practice** -- Continue with two long and frequent short sessions. Maintain serious joyful intent. Sit quiet often.

**Formula** -- Holiness created me holy. Kindness created me kind. Helpfulness created me helpful. Perfection created me perfect.

**Guide** -- Mind is all in Light.

---

## **Lesson # 68**

**Idea** -- Love holds no grievances.

**Key** -- Grudge only harms me.

**Theory** -- The internal dialogue churned up by grudges against others create one of the primary blocks of consciousness. Let them go.

**Practice** -- Continue the regular long sessions. Note there are special instructions for contemplation today.

**Formula** -- Love holds no grievances. When I let all my grievances go I will know I am perfectly safe.

**Guide** -- Calm acceptance.

## **Lesson # 69**

**Idea** -- My grievances hide the light of the world in me.

**Key** -- Grudge feeds the Veil.

**Theory** -- This continues Lesson #68; here the detrimental side effects of distorted vision are emphasized.

**Practice** -- The longer session(s) should be extended as described. Have frequent short reminder periods.

**Formula** -- My grievances hide the light of the world in me. I want to let it be revealed to me, for my salvation and the salvation of the world. If I hold this grievance the light of the world will be hidden from me,

**Guide** -- Forgive to See.

---

## **Lesson # 70**

**Idea** -- My salvation comes from me.

**Key** -- Only I can save.

**Theory** -- Our world exists in our brain. Salvation is merely a substitution for a tainted perception of reality.

**Practice** -- Two sessions of 10 or 15 minutes; note the special instructions. Stop many times for short practice.

**Formula** -- My salvation comes from me. It cannot come from anywhere else. My salvation cannot come from \_\_\_\_\_. My salvation comes only from me. Nothing outside of me can hold me back. Within me is the world's salvation and my own.

**Guide** -- Joy is within.

## **Lesson # 71**

**Idea** -- Only God's plan for salvation will work.

**Key** -- Ego is dysfunctional.

**Theory** -- There are two broad avenues: false ego and actual self. To end suffering one must dissolve illusion and advance evolution. Reality contains no impediments.

**Practice** -- Important questions start the long sessions. Sit & Listen. Use the formula every ten minutes if possible.

**Formula** -- Holding grievances is the opposite of God's plan for salvation. And only His plan will work.

**Guide** -- Grievance damns me.

---

## **Lesson # 72**

**Idea** -- Holding grievances is an attack on God's plan.

**Key** -- Grievance is of the body.

**Theory** -- Sin, although an illusion, is an attack on our self. Consciousness holds no such thoughts.

**Practice** -- Follow the typical long sessions, then short periods once or twice every hour. Note the 'short' sessions are to be a bit longer than usual.

**Formula** -- What is salvation, Father? I do not know. Tell me, that I may understand. **Listen!**

**Guide** -- Accept All; condemn nothing.



## **Lesson # 73**

**Idea** -- I will there be light.

**Key** -- Thought is a world.

**Theory** -- Light, ultimately an optical illusion itself, is merely the absence of dark. Dissolve the dark (thoughts). Hell is a dark place.

**Practice** -- Long sessions as usual, stop for the shorter periods several times an hour.

**Formula** -- I will there be light. Let me behold the light that reflects God's Will and mine. Darkness is not my will.

**Guide** -- Let there be Light.

---

## **Lesson # 74**

**Idea** -- There is no will but God's.

**Key** -- There is only One Reality.

**Theory** -- Why suffer? When happiness is one's only logical choice, what else is there to Will?

**Practice** -- Today is Peace. Follow the usual morning and evening sessions. Note the detailed instructions. The short periods should be every half hour.

**Formula** -- I am at peace. Nothing disturbs me. My will is God's. My will and God's are one. God wills peace for His Son. This conflict thought about \_\_\_\_\_ is meaningless.

**Guide** -- Focus is Peace.

## **Lesson # 75**

**Idea** -- The light has come.

**Key** -- Light was always here.

**Theory** -- If carefully directed, the potency of imagination can reveal powerful glimpses of reality. Forget = Forgive; Normal = Gratitude; Reality = Light; Strength = Peace.

**Practice** -- Experience and radiate Joy. Follow the typical routine; this should be second nature by now. Stop every fifteen minutes. Remind yourself there is Joy in everything.

**Formula** -- The light has come. I have forgiven the world. I have forgiven you, \_\_\_\_\_.

**Guide** -- Joy here now forever.

---

## **Lesson # 76**

**Idea** -- I am under no laws but God's.

**Key** -- Bodies follow body's law.

**Theory** -- Happiness sought thru the body requires more and more or again and again. This is always temporary and quite circular. What doesn't work violates evolution.

**Practice** -- Continue the regular sessions; stop for short periods every fifteen or twenty minutes.

**Formula** -- I am under no laws but God's.

**Guide** -- Love and Connection is Law.

## **Lesson # 77**

**Idea** -- I am entitled to miracles.

**Key** -- Miracle is natural.

**Theory** -- Miracles of perception are a right, even if only because there is no reason for them not to be a right.

**Practice** -- Note that the fourth paragraph amplifies the Formula for today's long sessions. Seek the miracle every single time you sense an itty bitty grievance.

**Formula** -- I will never trade miracles for any grievances. I want only what belongs to me.

**Guide** -- Vision is mine.

---

## **Lesson # 78**

**Idea** -- Let miracles replace all grievances.

**Key** -- Light is right here.

**Theory** -- Since attack thoughts maintain the Veil, Peace and Gratitude and Strength dissipate the Veil.

**Practice** -- Today's assignment is a somewhat complex contemplative visualization. Consider the instructions very carefully. Use the Idea any time darkness tempts you.

**Formula** -- Let me behold my savior in this one You have appointed as the one for me to ask to lead me to the holy light in which he stands, that I may join with him.

**Guide** -- Reality is Just Light.

## **Lesson # 79**

**Idea** -- Let me recognize the problem so it can be solved.

**Key** -- Separateness is illusion.

**Theory** -- Separation is half of suffering and as significant as darkness. Lonely makes one feel cold. Indifference can project cold. Thus hell is not merely dark, it is also cold.

**Practice** -- Review the lesson carefully. Separation manifests in quite subtle ways. Find yours. **Listen!** The short stops are used as opportunity to dissolve temptation.

**Formula** -- The Idea.

**Guide** -- Every Is One.

---

## **Lesson # 80**

**Idea** -- Let me recognize my problems have been solved.

**Key** -- Only conflict is a problem.

**Theory** -- The only real issue we face can be expressed in a single word. There are many expressions, such as suffering, but all are spawned by illusion.

**Practice** -- There are special instructions today. This is for calm acceptance rather than contemplation per se. Repeat many time that there really are no problems.

**Formula** -- The Idea.

**Guide** -- Peace Just Is.

## Second Review – Overview

This series covers two lessons per day. Before continuing, consider reviewing the Details Regarding Practice and the First Review Overview again.

Morning is to be devoted to the first of these ideas, and the afternoon to the other. There should be at least one long period, and many short ones. Evening quiet time should continue.

The long period should follow this form:

1. Take at least fifteen minutes for each idea.
2. Carefully consider the ideas and comments.
3. Read them again, slowly, several times.
4. Close the eyes and **listen**.

Repeat this if the mind wanders, and spend most of the session listening quietly **and** attentively. **Focus**.

### **Remember:**

**There is a message for you.**

**It belongs to you.**

**You want it. You will receive it.**

These practices are dedications to the way, seeking the truth and an authentic life. Refuse to be detoured or trapped by illusions. We are committed to end suffering.

Reaffirm determination in the short practices, using the idea generally, and your own special forms when possible.

## **Lesson # 81 – Review #61 - 62**

### **I am the light of the world.**

How holy am I, who have been given the function of lighting the world! Let me be still before my holiness. In its light all conflicts disappear. Let me remember Who I am.

Specific forms for applying this idea include:

- Let me not obscure the light of the world in me.
- Let the light shine thru this appearance.
- This shadow will vanish before the light.

### **Forgiveness is my function as the light of the world.**

It is by accepting my function that I see the light in me. In this light my function will stand clear and perfect before my sight. My acceptance does not depend on my recognizing what my function is, for I do not yet understand forgiveness. Yet I trust that I will see it as it is.

Specific forms include:

- Let this help me learn forgiveness.
- Let me not separate my function from my will.
- I will not use this for an alien purpose.

## **Lesson # 82 – Review #63 - 64**

### **Light of the world is peace to all thru forgiveness.**

My forgiveness is the means by which the light of the world finds expression thru me. My forgiveness is how I become aware of the light of the world. My forgiveness is how the world is healed, together with myself. Let me forgive the world, that it may be healed along with me.

Specific forms for applying this idea include:

- Let peace extend from my mind to yours, \_\_\_\_\_.
- I share the light of the world with you, \_\_\_\_\_.
- Thru my forgiveness I can see this as it is.

### **Let me not forget my function.**

I can remember my function, because I can remember my Self. I cannot fulfill my function if I forget. Unless I fulfill my function, I will not know the joy that God intends.

Specific forms include:

- Let me not use this to hide my function from me.
- This is an opportunity to fulfill my function.
- This is threat to ego, and can't change my function.

## **Lesson # 83 – Review #65 - 66**

### **My only function is the one God gave me.**

This knowing releases me from all conflict, as it means I cannot have conflicting goals. With one purpose, I am always certain what to do, say and think. Doubt will dissolve as I realize my function is the one God gave me.

Specific forms for applying this idea include:

- My perception of this does not change my function.
- This will not make me function except as God gave.
- I will not use this to justify a function not God given.

### **My happiness and my function are one.**

All things that come from God are one. They come from Oneness, and must be received as one. Fulfilling my function is happiness because both come from the same Source. I must learn to recognize what makes me happy.

Specific forms include:

- This cannot separate my happiness from my function.
- The oneness of happy and function aren't affected.
- Nothing can justify happiness apart from function.



## **Lesson # 84 – Review #67 - 68**

### **Love created me like itself.**

I am in the likeness of my Creator. I can't suffer, I can't experience loss and I cannot die. I am not just a body. I will recognize reality today. I will not raise a false concept to replace my Self. I am the likeness of my Creator.

Specific forms for applying this idea include:

- Let me not see an illusion of myself in this.
- As I look on this, let me remember my Creator.
- My Creator did not create this as I see it.

### **Love holds no grievances.**

Grievances are totally alien to love. Grievances attack love and keep its light obscure. If I hold grievances I attack love, and thereby attack my Self. My authentic Self becomes alien to me. I am determined not to attack anything today, as I must remember Who I am.

Specific forms include:

- This is no justification for denying my Self.
- I will not use this to attack love.
- Let this not tempt me to attack myself.

## **Lesson # 85 – Review #69 - 70**

### **My grievances hide the light of the world in me.**

My grievances show illusion, and hide what I would see. Knowing this, why do I want grievances? They keep me in dark and hide light. Grievance and light never go together; they must be joined to see. I lay grievance aside.

Specific forms for applying this idea include:

- Let me not use this as a block to sight.
- The light of the world will shine all this away.
- I have no need for this. I want to see.

### **My salvation comes from me.**

Today I recognize where salvation is. It is in me because the Source is there. It has not left, and never left my mind. I will not look outside. It is not found outside and not brought in. From within it reaches beyond, reflecting light .

Specific forms include:

- Let this not tempt me to look outward for salvation.
- This will not interfere with awareness of the Source.
- This has no power to remove salvation from me.

## **Lesson # 86 – Review #71 - 72**

### **Only God's plan for salvation will work.**

It is senseless to search wildly for salvation. I saw it in many people and things, but I reached and it wasn't there. I was wrong about where it is. I was wrong about what it is. I will attempt no more idle seeking. I rejoice because God's plan can never fail.

Specific forms for applying this idea include:

- God's plan will save me from my perception of this.
- This is no exception in God's plan for my salvation.
- Let me perceive only in the light of God's plan.

### **Grievances are an attack on God's salvation plan.**

Holding grievances attempts to prove God's plan will not work; yet only His plan will work. By holding grievances, I am excluding my hope of salvation from awareness. I will no longer defeat my own best interests in this insane way.

Specific forms include:

- I choose misperception or salvation as I look on this.
- If I see reason for grievance, I will not see salvation.
- This calls for salvation, not attack.

## **Lesson # 87 – Review #73 - 74**

### **I will there be light!!!**

I will use my power now. It is not my will to grope in darkness, fearful of shadows and afraid of things unreal. Light shall be my guide. I will follow where it leads, and look only on what it shows me. This day I will experience the peace of true perception.

Specific forms for applying this idea include:

- This cannot hide the light I will to see.
- You stand with me in light, [name].
- In the light this will look different.

### **There is no will but God's.**

I am safe because there is no will but God's. I am afraid only when I imagine another will. I attack when afraid, and only then can I believe that my safety is threatened. I know that all this has not occurred. I am safe.

Specific forms include:

- Let me perceive this in line with the Will of God.
- It's God's Will you are His Son, \_\_\_\_\_, and mine also.
- This is part of God's Will, however I may see it.

## **Lesson # 88 – Review #75 - 76**

### **The light has come.**

In choosing salvation, not attack, I only choose to recognize what is already there. Attack and grievance are not choice. I always choose between truth, not illusion; between what is there and what is not. I choose the light as no alternative.

Specific forms for applying this idea include:

- This can't show me darkness, for the light has come.
- The light in you is all that I would see, \_\_\_\_\_.
- I would see in this only what is there.

### **I am under no laws but God's.**

This is a perfect statement of freedom. I am tempted to make other laws and give them power. I suffer because of my belief in them. They have no real effect at all. I am free of effects of any laws save God's.

Specific forms include:

- My perception here says I view laws that don't exist.
- I see only the laws of God at work in this.
- I allow God's laws, and not mine, to work in this.

## **Lesson # 89 – Review #77 - 78**

### **I am entitled to miracles.**

This is because I am under no laws but God's. His laws release from all grievances, and replace them with miracles. I accept miracle in place of grievance, which is illusion hiding miracle beyond.

Specific forms for applying this idea include:

- Behind this is a miracle to which I am entitled.
- Let me not hold a grievance against you, [name], but offer you the miracle that belongs to you instead.
- Seen truly, this offers me a miracle.

### **Let miracles replace all grievances.**

By this I unite my will with the Holy Spirit, knowing them as one. By this I accept release from hell. By this I express willingness to have all illusions be replaced, as God's plan for salvation. I make no exceptions and no substitutes.

Specific forms include:

- I would not hold this grievance apart from salvation.
- Let our grievances be replaced by miracles, \_\_\_\_\_.
- Beyond this is a miracle which replaces grievance.

## **Lesson # 90 – Review #79 - 80**

### **Let me recognize the problem so it can be solved.**

A problem is always a grievance I cherish. I know that the solution is always a miracle that I allow to replace the grievance. I always remember the simplicity of salvation by reinforcing that there is one problem and one solution. Problem is a grievance; solution comes thru forgiveness.

Specific forms for applying this idea include:

- This presents a problem that I would have resolved.
- The miracle behind a grievance will resolve it for me.
- The answer to this is the miracle it conceals.

### **Let me recognize my problems have been solved.**

I have problems because I misuse time. I think that problem is first and time elapses before a fix. I don't see problem and answer as one. God has placed an answer with every problem, so there is no separation by time. The Holy Spirit will teach me, if I will let Him.

Specific forms include:

- I need not wait for this to be resolved.
- The answer to this is already given, if I will accept it.
- Time cannot separate this problem from its solution.

## **Lesson # 91**

**Idea** -- Miracles are seen in light.

**Key** -- Strength equals Light.

**Theory** -- A miracle is a radical change in perception. This is necessary partly due to of our illusion of weakness.

**Practice** -- A third long session is specified, mid-day, for this lesson. Short stops should be very frequent.

**Formula** -- The Idea, and: "The body's eyes do not perceive the light. But I am not a body. **What am I?**"  
For temptation: Let me not close my eyes because of this.

**Guide** -- I am Strength and Light.

---

## **Lesson # 92**

**Idea** -- Miracles are seen in light; light & strength are one.

**Key** -- Patience is strength.

**Theory** -- All corollaries of Consciousness are the same in all ways without exception. So, To Be Peace = To Be Strength = To Be Gratitude, round and round all joined.

**Practice** -- Continue the morning and evening sessions, with as many short stops as possible.

**Formula** -- The Idea.

**Guide** -- Study the lesson very carefully. It's a key ring.



## **Lesson # 93**

**Idea** -- Light and joy and peace abide in me.

**Key** -- Sin contains illusion.

**Theory** -- This is a wake-up for those in turmoil about their own personal 'sin.' Sin is just darkness; we must examine our illusions and replace them with opposites.

**Practice** -- Sit for regular sessions. Stop, once an hour if possible, for five minutes and **Be** Light.

**Formula** -- Light and joy and peace abide in me. Our sinlessness is guaranteed by God.

**Guide** -- Peace is contagious.

---

## **Lesson # 94**

**Idea** -- I am as God created me.

**Key** -- Self is unchangeable.

**Theory** -- Our authentic, essential self remains totally unchanged. The Original Face is right behind us.

**Practice** -- The regular long practices have a quite detailed contemplation; consider carefully. Short practices should be every hour with directed focus.

**Formula** -- I remain as God created me. I am His Son eternally.

**Guide** -- Original Self Am I.

## **Lesson # 95**

**Idea** -- I am one Self, united with my Creator.

**Key** -- Only One Consciousness.

**Theory** -- Illusions make the self to seem fractured into a legion of conflict. This is illusion layered over illusion.

**Practice** -- Note carefully the comments on lapses in practice. Be more determined to stop every hour.

**Formula** -- You are one Self with me, united with our Creator in this Self. I honor you because of What I am, and What He is, Who loves us both as one.

**Guide** -- I am One.

---

## **Lesson # 96**

**Idea** -- Salvation comes from my one Self.

**Key** -- False self is illusion.

**Theory** -- The authentic self is ready and always has been. Only the illusions of the brain & body block the Way.

**Practice** -- Again, this is a detailed lesson. Continue regular sessions. Stop hourly to contemplate and **Listen**.

**Formula** -- Salvation comes only from my one Self. All its Thoughts are mine to use.

**Guide** -- I am salvation.

## **Lesson # 97**

**Idea** -- I am spirit.

**Key** -- Spirit is Mind only.

**Theory** -- We have possessions. However, we are not our possessions. We possess a body. We are more than body.

**Practice** -- Today's simple yet critical idea must be contemplated deeply and often. Stop at least every hour. Be Mind.

**Formula** -- Spirit am I, a holy Son of God, free of all limits, safe and healed and whole, free to forgive, and free to save the world.

**Guide** -- We are Mind.

---

## **Lesson # 98**

**Idea** -- I will accept my part in God's plan for salvation.

**Key** -- Salvation is responsibility.

**Theory** -- No one else can dissolve our suffering; we must do this ourselves. Salvation is the program.

**Practice** -- Consider carefully that we write our script. Spend each hour patiently waiting for the next five minute stopping and listening period.

**Formula** -- I accept my part in God's plan for salvation.

**Guide** -- Dedication to Joy.

## **Lesson # 99**

**Idea** -- Salvation is my only function here.

**Key** -- Only one priority

**Theory** -- What could possibly be more important than the end of suffering and acquiring objective Vision? Obviously, this should be our priority.

**Practice** -- Continue the regular sessions and stops every hour. Re-affirm your enthusiasm and dedication.

**Formula** -- Salvation is my only function here. Salvation and forgiveness are the same.

**Guide** -- Strength allows miracles.

---

## **Lesson # 100**

**Idea** -- My part is essential to God's plan for salvation.

**Key** -- My salvation first.

**Theory** -- The only force in the universe that is capable of evolving your brain is your brain. Salvation cannot spread unless your suffering is ended.

**Practice** -- Continue the regular sessions and stops every hour. Re-affirm your Joy; Smile.

**Formula** -- My part is essential to God's plan for salvation.

**Guide** -- Work for All.

## **Lesson # 101**

**Idea** -- God's Will for me is perfect happiness.

**Key** -- Sin is illusion.

**Theory** -- The illusion of sin is rooted in the illusion of a past that does not exist. Guilt, grief and even grudge is self-punishment. Self-abuse by illusion is totally illogical.

**Practice** -- *Your routine should now be well established. Starting with today, reminders will no longer be repeated.* Maintain constant focus. **Be** Innocence.

**Formula** -- God's Will for me is perfect happiness. There is no sin; it has no consequence.

**Guide** -- Sin is false pain.

---

## **Lesson # 102**

**Idea** -- I share God's Will for happiness for me.

**Key** -- Suffering is nonsense.

**Theory** -- Everything is perfect exactly as it is. There is nothing to cause suffering except our own ridiculous concepts. Issues are misinterpretation.

**Practice** -- Focus on maintaining a sense that all is well. **Be** Joy.

**Formula** -- I share God's Will for happiness for me, and I accept it as my function now.

**Guide** -- I am totally Joy.

## **Lesson # 103**

**Idea** -- God, being Love, is also happiness.

**Key** -- Fear not joy.

**Theory** -- Corollaries of consciousness are not geometric, as this is a limit. So love and joy are simply everywhere.

**Practice** -- Notice the reverse thinking regarding love and fear. Think happiness and you are happiness.

**Formula** -- God, being Love, is also happiness. And it is happiness I seek today. I cannot fail, because I seek the truth. To fear Him is to be afraid of joy.

**Guide** -- I will **Be** strength.

---

## **Lesson # 104**

**Idea** -- I seek but what belongs to me in truth.

**Key** -- Happiness is already mine.

**Theory** -- Illusions are insane; they are not ours. Light is our actual right and even our property.

**Practice** -- Intensify living the peace you are learning.

**Formula** -- I seek only what belongs to me in truth. God's gifts of joy and peace are all I want. Joy and peace are my inheritance.

**Guide** -- Light is my right.

## **Lesson # 105**

**Idea** -- God's peace and joy are mine.

**Key** -- Guilt is illusion.

**Theory** -- There is no loss to anyone when we lose our illusions and accept calm existence.

**Practice** -- There are special instructions in this lesson. Dissolve your remaining grievances.

**Formula** -- My brother, peace and joy I offer you, That I may have God's peace and joy as mine.

**Guide** -- Be blessing.

---

## **Lesson # 106**

**Idea** -- Let me be still and listen to the truth.

**Key** -- Stillness creates completeness.

**Theory** -- We are only able to contact consciousness while dwelling in silence. This is a state we must become gradually familiar with.

**Practice** -- Quiet sitting skills are to be continually nurtured. The task is calm listening; do not strain.

**Formula** -- I will be still and listen to the truth. What does it mean to give and to receive?

**Guide** -- Silence is next to light.

## **Lesson # 107**

**Idea** -- Truth will correct all errors in my mind.

**Key** -- Truth corrects illusions.

**Theory** -- Glimpses of reality may appear, and this will be interrupted by the internal dialogue. Stop and listen is an antidote. Practice is required to become accustomed.

**Practice** -- Ask who goes with you upon this undertaking. Ask this many times today. Be still and Listen.

**Formula** -- Truth will correct all errors in my mind, and I will rest in Him Who is my Self.

**Guide** -- Silence reveals truth.

---

## **Lesson # 108**

**Idea** -- To give and to receive are one in truth.

**Key** -- There is no take.

**Theory** -- Everything is already everyone's. Giving and receiving is simply the movement of objects. In giving peace, there is no taking.

**Practice** -- Be peace so you give peace. 25 hours a day.

**Formula** -- To give and to receive are one in truth. I will receive what I am giving now. To everyone I offer peace of mind. To everyone I offer gentleness.

**Guide** -- To have all, give all to all.



## **Lesson # 109**

**Idea** -- I rest in God.

**Key** -- Peace is safety.

**Theory** -- Simple Remembrance to Be Peace Itself is an tremendously powerful practice.

**Practice** -- Continue as with Lesson 108; Be Calm to spread calm. Peace is contagious.

**Formula** -- I rest in God.

**Guide** -- Discord is illusion.

---

## **Lesson # 110**

**Idea** -- I am as God created me.

**Key** -- I am the Son.

**Theory** -- Suffering consists of thousands of details that the Stranger laid on top of us. Since none of this is real, we remain yet as our original face.

**Practice** -- Listen beyond the illusions; Be your calm self. Work to simply dissolve any annoyance; it is not real.

**Formula** -- I am as God created me. His Son can suffer nothing. And I am His Son. I am as God created me.

**Guide** -- Become as children.

## **Third Review – Overview**

This series covers two lessons per day. Before continuing, consider reviewing the Details Regarding Practice and the First Review Overview again.

One lesson is to be reviewed in the morning and one in the evening. In between, a specific practice is assigned.

The advantage of concentration during the first and last minutes of the day is emphasized. We awake with the last thought of yesterday. It is still now.

This review emphasizes that our dedication is more important than ever. We will simply never achieve salvation unless we actually want it. If we are not really willing to give up our suffering, we will slip back into the general mass of delusional people.

The second critical point is contemplation. While this must have a significant listening component, it is also quite important to carefully read the lessons. Make a sincere effort to hold the Idea between periods.

Apply the teachings to everything that is done. Following instructions with calm and firm dedication will receive the advances of solid ground and firmer footsteps.

**Do not forget how little has been learned.**

**Do not forget how much can be learned now.**

**Do not forget Father's need of us, as these thoughts  
He gave to you are reviewed.**

## **Lesson # 111 – Review #91-92**

For morning and evening review:

**Miracles are seen in light.**

I cannot see in darkness.

Let the light of holiness and truth light up my mind,  
and let me see the innocence within.

**Miracles are seen in light,  
and light and strength are one.**

I see thru strength,  
the gift of God to me.

My weakness is the dark His gift dispels,  
by giving me His strength to take its place.

On the hour:

**Miracles are seen in light.**

On the half hour:

**Miracles are seen in light,  
and light and strength are one.**

## **Lesson # 112 – Review #93-94**

For morning and evening review:

**Light and joy and peace abide in me.**

I am the home of light and joy and peace.

I welcome them  
into the home I share with God,  
because I am a part of Him.

**I am as God created me.**

I will remain forever as I was,  
created by the Changeless like Himself.

And I am one with Him, and He with me.

On the hour:

**Light and joy and peace abide in me.**

On the half hour:

**I am as God created me.**

## **Lesson # 113 – Review #95-96**

For morning and evening review:

**I am one Self, united with my Creator.**

Serenity and perfect peace are mine,  
because I am one Self,  
completely whole,  
at one with all creation and with God.

**Salvation comes from my one Self.**

From my one Self,  
Whose knowledge still remains within my mind,  
I see God's perfect plan for my salvation perfectly fulfilled.

On the hour:

**I am one Self, united with my Creator.**

On the half hour:

**Salvation comes from my one Self.**

## **Lesson # 114 – Review #97-98**

For morning and evening review:

**I am spirit. I am the Son of God.**

No mere body can contain my spirit,  
nor impose on me  
a limitation God created not.

**I will accept my part in God's plan for salvation.**

What can my function be  
but to accept the Word of God,  
Who has created me for what  
I am and will forever be?

On the hour:

**I am spirit.**

On the half hour:

**I will accept my part in God's plan for salvation.**

## **Lesson # 115 – Review #99-100**

For morning and evening review:

**Salvation is my only function here.**

My function here is to forgive the world  
for all the errors I have made.

For thus am I released  
from them with all the world.

**My part is essential to God's plan for salvation.**

I am essential to the plan of God  
for the salvation of the world.

For He gave me His plan  
that I might save the world.

On the hour:

**Salvation is my only function here.**

On the half hour:

**My part is essential to God's plan for salvation.**

## **Lesson # 116 – Review #101-102**

For morning and evening review:

**God's Will for me is perfect happiness.**

God's Will is perfect happiness for me.

And I can suffer but from the belief  
there is another will apart from His.

**I share God's Will for happiness for me.**

I share my Father's Will for me, His Son.

What He has given me is all I want.

What He has given me is all there is.

On the hour:

**God's Will for me is perfect happiness.**

On the half hour:

**I share God's Will for happiness for me.**



## **Lesson # 117 – Review #103-104**

For morning and evening review:

**God, being Love, is also happiness.**

Let me remember love is happiness,  
and nothing else brings joy.

And so I choose to entertain no substitutes for love.

**I seek but what belongs to me in truth.**

Love is my heritage, and with it joy.

These are the gifts my Father gave to me.

I would accept all that is mine in truth.

On the hour:

**God, being Love, is also happiness.**

On the half hour:

**I seek but what belongs to me in truth.**

## **Lesson # 118 – Review #105-106**

For morning and evening review:

**God's peace and joy are mine.**

Today I will accept God's peace and joy,  
in glad exchange for all the substitutes  
that I have made  
for happiness and peace.

**Let me be still and listen to the truth.**

Let my own feeble voice be still,  
and let me hear  
the mighty Voice for Truth Itself  
assure me that I am God's perfect Son.

On the hour:

**God's peace and joy are mine.**

On the half hour:

**Let me be still and listen to the truth.**

## **Lesson # 119 – Review #107-108**

For morning and evening review:

**Truth will correct all errors in my mind.**

I am mistaken  
when I think I can be hurt in any way.

I am God's Son,  
whose Self rests safely in the Mind of God.

**To give and to receive are one in truth.**

I will forgive all things today,  
that I may learn how  
to accept the truth in me,  
and come to recognize my sinlessness.

On the hour:

**Truth will correct all errors in my mind.**

On the half hour:

**To give and to receive are one in truth.**

## **Lesson # 120 – Review #109-110**

For morning and evening review:

**I rest in God.**

I rest in God today,  
and let Him work in me and thru me,  
while I rest in Him in quiet and in perfect certainty.

**I am as God created me.**

I am God's Son.

Today I lay aside all sick illusions of myself,  
and let my Father tell me  
Who I really am.

On the hour:

**I rest in God.**

On the half hour:

**I am as God created me.**

## **Lesson # 121**

**Idea** -- Forgiveness is the key to happiness.

**Key** --Get by giving (away the illusions).

**Theory** -- Forgiveness can only be acquired by losing renegade neural networks. This can only be accomplished by focused contemplation and practice in society.

**Practice** -- There are special instructions directed toward consideration of a nemesis, and then of a friend.

**Formula** -- Forgiveness is the key to happiness. I will awaken from the dream that I am mortal, fallible and full of sin, and know I am the perfect Son of God.

**Guide** -- Sin is not.

---

## **Lesson # 122**

**Idea** -- Forgiveness offers everything I want.

**Key** -- Peace is everything.

**Theory** -- To give forgiveness is to get forgiveness. To give salvation is to get salvation. Give = Get = Give

**Practice** -- The special instructions bring a potential turning point. Surrender your suffering.

**Formula** -- Forgiveness offers all I want. Today I have accepted this as true. I have received the gifts of God.

**Guide** -- Joy is ambient.

## **Lesson # 123**

**Idea** -- I thank my Father for His gifts to me.

**Key** -- Gratitude just is.

**Theory** -- Gratitude is the *total* absence of contempt. Contempt is a force able to raise its face in the most subtle of ways. We seek out its manifestations and dissolve them.

**Practice** -- More than a regular lesson, today is a call to cultivate non-stop gratitude. This is the transformation of contempt. Every effort must be made to focus.

**Formula** -- I thank my Father for His gifts to me.

**Guide** -- Thanks for everything.

---

## **Lesson # 124**

**Idea** -- Let me remember I am one with God.

**Key** -- One is all.

**Theory** -- There is only one consciousness. We are that.

**Practice** -- Focus on the One. **Be** resurrected in peace and tranquility. Contemplate the formula for thirty minutes as many times as possible thru the day.

**Formula** -- Let me remember that I am one with God, I am one with all my brothers and my Self, in everlasting holiness and peace.

**Guide** -- I am mind.

## **Lesson # 125**

**Idea** -- In quiet I receive God's Word today.

**Key** -- The Word is here.

**Theory** -- Consciousness is not aware of us until we set our fears aside and listen. With focus. To listen is then to communicate.

**Practice** -- In addition to three special sessions, an emphasis is placed on all-day-long silence. Refrain from engaging in *any* unnecessary talk.

**Formula** -- In quiet I receive God's Word today.

**Guide** -- Silence is visiting.

---

## **Lesson # 126**

**Idea** -- All that I give is given to myself.

**Key** -- Give is Receive.

**Theory** -- These thoughts, like all others, do not leave their source, your brain. Dissolve all condemnation.

**Practice** -- This lesson contains a very critical discussion of thought reversal. Remind yourself frequently of this.

**Formula** -- All that I give is given to myself. The Help I need to learn that this is true is here with me now. And I will trust in Him.

**Guide** -- For-GIVE-ness is for-GET-ness.

## **Lesson # 127**

**Idea** -- There is no love but God's.

**Key** -- Love is fundamental.

**Theory** -- Many types of love have been catalogued; they are all one. Love is the absence of fear, and this only.

**Practice** -- Become accustomed to the calm salvation you have glimpsed. Continue Rememberance. Stop often.

**Formula** -- I bless you, brother, with the Love of God, which I would share with you. For I would learn the joyous lesson that there is no love but God's and yours and mine and everyone's.

**Guide** -- Be Blessing.

---

## **Lesson # 128**

**Idea** -- The world I see holds nothing that I want.

**Key** -- Objects are shackles.

**Theory** -- Everything will be dust. Material things offer only quite temporary satisfaction, then mere distraction.

**Practice** -- Three long sessions are required today. Carefully consider the implications of possessions.

**Formula** -- This will not tempt me to delay myself. The world I see holds nothing that I want.

**Guide** -- No-thing is every-thing.



## **Lesson # 129**

**Idea** -- Beyond this world there is a world I want.

**Key** -- The Kingdom is just there.

**Theory** -- Here the emphasis is on reminding us that the world we made is illusion.

**Practice** -- Three long practices are specified today. Contemplate the value of mist and shadow.

**Formula** -- Beyond this world there is a world I want. I choose to see that world instead of this, for here is nothing that I really want.

**Guide** -- See all as Light.

---

## **Lesson # 130**

**Idea** -- It is impossible to see two worlds.

**Key** -- Reality is only One.

**Theory** -- To See the real world is a radical perception shift. This can be accomplished by using thought reversal.

**Practice** -- Six long practices are specified today. Focus on Gratitude, the acceptance of all.

**Formula** -- Let me accept the strength God offers me and see no value in this world, that I may find my freedom and deliverance.

**Guide** -- Strength enables Vision.

## **Lesson # 131**

**Idea** -- No one can fail who seeks to reach the truth.

**Key** -- Salvation is for all.

**Theory** -- Success in vision is always possible. Yet we must still practice Rememberance and remember practice.

**Practice** -- There are special exercises today toward seeking a door. Other regular practices should always continue.

**Formula** -- I ask to see a different world, and think a different kind of thought from those I made. The world I seek I did not make alone, the thoughts I want to think are not my own.

**Guide** -- Today I find.

---

## **Lesson # 132**

**Idea** -- I loosen the world from all I thought it was.

**Key** -- Heaven is here, now.

**Theory** -- Reality is like a dream. Suffering is literally a day-time nightmare. We can really dream a new reality, and must do so deliberately.

**Practice** -- Follow the regular sessions as directed.

**Formula** -- I loosen the world from all I thought it was, and choose my own reality instead.

**Guide** -- Think freedom, be free.

## **Lesson # 133**

**Idea** -- I will not value what is valueless.

**Key** -- Useless is valueless.

**Theory** -- Unnecessary possessions just steal time and resources. Giving them away stops *things* from taking.

**Practice** -- Follow your regular sessions as directed. This lesson deserves additional time and contemplation.

**Formula** -- I will not value what is valueless, and only what has value do I seek, for I desire to find only that.

**Guide** -- Heaven holds no things.

---

## **Lesson # 134**

**Idea** -- Let me perceive forgiveness as it is.

**Key** -- Sin is illusion.

**Theory** -- Memory is devious and much of it is false. Forgiveness is letting go of our illusions of memory and nothing else. Forget by remembering yourself.

**Practice** -- Follow regular sessions, adding the task of seeking illusions (sins) that need dissolving (forgiveness).

**Formula** -- Let me perceive forgiveness as it is. Would I accuse myself of this? I will not lay this chain upon myself.

**Guide** -- Give is Get. For-give is For-Get.

## **Lesson # 135**

**Idea** -- If I defend myself I am attacked.

**Key** -- Defense is self-attack.

**Theory** -- Defense mechanisms *themselves* create fear. This is a pillar of internal conflict and source of much personal suffering.

**Practice** -- In addition to regular sessions, this lesson will require very careful review and serious contemplation.

**Formula** -- In defenselessness I will be strong. I will not defend myself, because the Son of God needs no defense against the truth of his reality.

**Guide** -- Defense is fear.

---

## **Lesson # 136**

**Idea** -- Sickness is a defense against the truth.

**Key** -- Illness shields reality.

**Theory** -- The rapidness of the mental function makes miscalculation extremely difficult to catch. The choice can be rectified once recognized.

**Practice** -- Instructions are the same as Lesson #135.

**Formula** -- I will accept the truth of what I am, and let my mind be wholly healed today.

**Guide** -- Sickness is double illusion.

## **Lesson # 137**

**Idea** -- When I am healed I am not healed alone.

**Key** -- Salvation is connection.

**Theory** -- The cold part of suffering is an illusion of separation. Self-forgiveness frees, heals and joins.

**Practice** -- Rememberance on the hour of our function to allow our minds to be cleared so we See and carry healing.

**Formula** -- I would share my healing with the world, that sickness may be banished from the mind of God's one Son, Who is my only Self.

**Guide** -- Seeing is Healing.

---

## **Lesson # 138**

**Idea** -- Heaven is the decision I must make.

**Key** -- Choose no suffering.

**Theory** -- What sort of insanity causes us to sustain our pain and separation? What logic could possibly reject peace and joy?

**Practice** -- Observe your thoughts and then lead them peacefully. Be firm and steadfast in your enthusiasm.

**Formula** -- Heaven is the decision I must make. I make it now, and will not change my mind, because it is the only thing I want.

**Guide** -- Every thought is choice.

## **Lesson # 139**

**Idea** -- I will accept Atonement for myself.

**Key** -- Acceptance is life.

**Theory** -- Atonement as reparation (payment) is a flawed idea because illusion requires dissolution, not amends.

**Practice** -- The sessions may be a bit shorter today, but must be repeated at every hour possible. Be sure to seek continual focus thru the day.

**Formula** -- I will accept Atonement for myself, for I remain as God created me.

**Guide** -- Know thyself is acceptance.

---

## **Lesson # 140**

**Idea** -- Only salvation can be said to cure.

**Key** -- Awakening is curing.

**Theory** -- Only the very end of suffering can be called salvation and this is nothing except the release of illusion.

**Practice** -- Concentrate on continual Rememberance of the healing that is already there. Stop every hour for joy.

**Formula** -- Only salvation can be said to cure. Speak to us, Friend, that we may be healed.

**Guide** -- Rememberance triggers awakening.

## **Fourth Review – Overview**

This series covers two lessons per day. Before continuing, consider reviewing the Details Regarding Practice and the First Review Overview again.

Here the learning of how truth can be applied continues. This increases readiness for what will follow next. Consider the Review Introduction carefully concerning the forms in which the lack of true forgiveness may be concealed. The central theme that unifies each step in the review can be simply stated in these words:

### **My mind holds only what I think with God.**

Begin each day with time devoted to the preparation of your mind. Learn what each idea you will review can offer you in freedom and in peace. Open your mind, and clear it of all thoughts that would distract. Let this thought alone engage it fully, and remove the rest:

### **My mind holds only what I think with God.**

Read both of the ideas assigned for review each day. Then close your eyes, and say them slowly to yourself. There is no hurry now, for you are using time for its intended purpose. Let each word shine with meaning.

Each hour of the day, bring to your mind the thought, and spend a quiet moment with it.

## **Lesson # 141 – Review #121-122**

My mind holds only what I think with God.

Forgiveness is the key to happiness.

Forgiveness offers everything I want.

---

## **Lesson # 142 – Review #123-124**

My mind holds only what I think with God.

I thank my Father for His gifts to me.

Let me remember I am one with God.



### **Lesson # 143 – Review #125-126**

My mind holds only what I think with God.

In quiet I receive God's Word today.

All that I give is given to myself.

---

### **Lesson # 144 – Review #127-128**

My mind holds only what I think with God.

There is no love but God's.

The world I see holds nothing that I want.

### **Lesson # 145 – Review #129-130**

My mind holds only what I think with God.

Beyond this world there is a world I want.

It is impossible to see two worlds.

---

### **Lesson # 146 – Review #131-132**

My mind holds only what I think with God.

No one can fail who seeks to reach the truth.

I loosen the world from all I thought it was.

### **Lesson # 147 – Review #133-134**

My mind holds only what I think with God.

I will not value what is valueless.

Let me perceive forgiveness as it is.

---

### **Lesson # 148 – Review #135-136**

My mind holds only what I think with God.

If I defend myself I am attacked.

Sickness is a defense against the truth.

### **Lesson # 149 – Review #137-138**

My mind holds only what I think with God.

When I am healed I am not healed alone.

Heaven is the decision I must make.

---

### **Lesson # 150 – Review #139-140**

My mind holds only what I think with God.

I will accept Atonement for myself.

Only salvation can be said to cure.

## **Lesson # 151**

**Idea** -- All things are echoes of the Voice for God.

**Key** -- Discard doubt and judgement.

**Theory** -- Internal dialogue, the ego's voice, makes a false reality. When silenced, we can then hear the Voice of Truth. Remove illusion and all that can remain is Reality.

**Practice** -- Continue morning and evening sessions; stop every hour and Remember. Focus on uninterrupted focus.

**Formula** -- All things are echoes of the Voice for God.

**Guide** -- The Voice is Thought. (Is not thinking.)

---

## **Lesson # 152**

**Idea** -- The power of decision is my own.

**Key** -- Humble is acceptance.

**Theory** -- This lesson is all about simplicity. There is absolutely nothing complex about simply tolerating reality. Except Rememberance is work.

**Practice** -- Proceed as yesterday, stopping as often as possible to smile and observe quiet and be seen and not noticed.

**Formula** -- This day I will accept myself as what my Father's Will created me to be.

**Guide** -- Acceptance is Truth.

## **Lesson # 153**

**Idea** -- In my defenselessness my safety lies.

**Key** -- Self is invulnerable.

**Theory** -- Only the weak ever need to be defended. Vulnerability of the Self is an illusion, as it is impossible to harm Spirit.

**Practice** -- Stop often and smile and feel and Be safe in your Wholeness and holiness. Here lies the final end of attack thoughts.

**Formula** -- All safety lives in defenselessness.

**Guide** -- Gently dissolve false enemies.

---

## **Lesson # 154**

**Idea** -- I am among the ministers of God.

**Key** -- The Voice is first heard.

**Theory** -- The Creative Principle can only be contacted in quietude. There is a lesson in every event and a change of perception in every moment.

**Practice** -- This is a day of constant silent gratitude.

**Formula** -- I am among the ministers of God. I am grateful that I have the means by which to recognize that I am free.

**Guide** -- A message of Free is free.

## **Lesson # 155**

**Idea** -- I will step back and let Him lead the way.

**Key** -- Acceptance dissolves illusion.

**Theory** -- Surrender is closely related to acceptance. Once illusions are recognized, gently refusing to react to them will allow Reality / Salvation / Truth to show thru.

**Practice** -- Concentrate on deepening acceptance. Stop as often as possible and simply Be.

**Formula** -- I will step back and let Him lead the way, For I would walk along the road to Him.

**Guide** -- Quietude is sweet surrender.

---

## **Lesson # 156**

**Idea** -- I walk with God in perfect holiness.

**Key** -- Sin is impossible.

**Theory** -- Hesitation is equivalent to actually grasping illusions from the past; no gray area exists except the Veil.

**Practice** -- Increase your focus in morning and evening sessions. Stop when you can and feel yourself receding as the light surrounds you.

**Formula** -- I light the world, I light my mind and all the minds which God created one with me.

**Guide** -- I will there be light.

## **Lesson # 157**

**Idea** -- Into His Presence would I enter now.

**Key** -- In silence **is** trust.

**Theory** -- The veil thins by not feeding its neural networks. Vestiges will yet linger a while, but it is possible to begin to sense the Presence.

**Practice** -- This is a crucial turning point in the lessons. Light is not yet constant; although you really do somewhat sense it by now. Continue morning, night and all day work.

**Formula** -- Into His Presence would I enter now.

**Guide** -- Calmness reveals light.

---

## **Lesson # 158**

**Idea** -- Today I learn to give as I receive.

**Key** -- They are not a body.

**Theory** -- To receive (or Be) Peace, first teach (or Be) Peace. To See (or receive) Light in yourself, first give (or See) Light in others.

**Practice** -- Continue your continual deep calm flow of Rememberance. You no longer need reminded of regular morning and evening sessions.

**Formula** -- Today I learn to give as I receive.

**Guide** -- We are not separate.



## **Lesson # 159**

**Idea** -- I give the miracles I have received.

**Key** -- Gift is for-giving.

**Theory** -- Acceptance increases awareness because acceptance (receiving) will give (increase) awareness. Awareness is a parcel in and container of the storehouse.

**Practice** -- Dream a new reality that is not beyond, simply because it is always here. Deepen the practice of Rememberance. *Now*.

**Formula** -- I give the miracles I have received.

**Guide** -- Being Peace gives Peace.

---

## **Lesson # 160**

**Idea** -- I am at home. Fear is the stranger here.

**Key** -- The stranger is an illusion.

**Theory** -- The neural networks that generate the veil operate like an intruder that seizes and controls you.

**Practice** -- Our Gratitude, Strength and Blessings dissipate the fear triggers and prevent them from troubling you. Continue just Being Rememberance.

**Formula** -- I am at home. Fear is the stranger here.

**Guide** -- Strength dissolves the strange.

## **Lesson # 161**

**Idea** -- Give me your blessing, holy Son of God.

**Key** -- Love consumes nothing.

**Theory** -- Only the physical brain emanates the illusion of fear. Only this prevents mind from seeing all of creation as it actually is.

**Practice** -- The veil thins as you ask salvation from first one, then all, brothers and sisters. Look and see the light within them.

**Formula** -- I would behold you with the eyes of Christ, and see my perfect sinlessness in you.

**Guide** -- See to learn.

---

## **Lesson # 162**

**Idea** -- I am as God created me.

**Key** -- We are all shining beings.

**Theory** -- The Original Nature still exists beneath the contempt, weakness and conflict that the veil portrays. Realization and understanding of this fact is critical.

**Practice** -- Focus today on this single thought. Know that all else is nothing except illusion.

**Formula** -- I am as God created me.

**Guide** --Awaken to be alive.

## **Lesson # 163**

**Idea** — There is no death. The Son of God is free.

**Key** — Darkness is a death illusion.

**Theory** — There is either death or there is life.

**Practice** — Worship no idols; contemplate often.

**Formula** — Our Father, bless our eyes today. We are Your messengers, and we would look upon the glorious reflection of Your Love which shines in everything. We live and move in You alone. We are not separate from Your eternal life. There is no death, for death is not Your Will. And we abide where You have placed us, in the life we share with You and with all living things, to be like You and part of You forever. We accept Your Thoughts as ours, and our will is one with Yours eternally. Amen.

**Guide** — Consciousness cannot die.

---

## **Lesson # 164**

**Idea** — Now are we one with Him Who is our Source.

**Key** — Only now is always.

**Theory** — When one is present, illusions become fainter.

**Practice** — Observe silence. Resolve to be here in the next hour, then the next ... then repeat.

**Formula** — Now are we one with Him Who is our Source.

**Guide** — Now is always sacred.

## **Lesson # 165**

**Idea** -- Let not my mind deny the Thought of God.

**Key** -- Real thought protects all.

**Theory** -- Certainty is a powerful concept *and* motive. Genuine acceptance by itself can open one's eyes. There is nothing to lose except illusion itself.

**Practice** -- Today is one to live in hope. Intensify Remembrance that joy is abundant. See thru the fog.

**Formula** -- Let not my mind deny the Thought of God.

**Guide** -- Steadfastly smile at the day.

---

## **Lesson # 166**

**Idea** -- I am entrusted with the gifts of God.

**Key** -- Accept all birthrights.

**Theory** -- The world as experienced is generated by the false self; it is not the will of the Authentic Self. How can false possibly be real?

**Practice** -- Simply work on deepening Remembrance and focus. And, of course, acceptance.

**Formula** -- I am entrusted with the gifts of God.

**Guide** -- Light is for all.

## **Lesson # 167**

**Idea** -- There is one life, and that I share with God.

**Key** -- Illusion conceals life.

**Theory** -- The only actual life is the one that carries no falsehoods. Sleep and death are similar illusions and these thoughts vanish with the disconnection of the veil.

**Practice** -- Contemplate carefully today. Continue Rememberance, diligently observing your state and focus. And continue Rememberance.

**Formula** -- There is one life, and that I share with God.

**Guide** -- Consciousness **cannot** die.

---

## **Lesson # 168**

**Idea** -- Your grace is given me. I claim it now.

**Key** -- We accept Light.

**Theory** -- This lesson makes a quite explicit reference to a quickening. Now is twenty four weeks in the *Course*, and some will be suitably clarified for a break-thru to occur.

**Practice** -- It is acceptance time. Amplify focus and See.

**Formula** -- Your grace is given me. I claim it now. Father, I come to You. And You will come to me who ask. I am the Son You love.

**Guide** -- Here is already here.

## **Lesson # 169**

**Idea** -- By grace I live. By grace I am released.

**Key** -- Acceptance is a key.

**Theory** -- Grace is the absence of rejection.

**Practice** -- Consider carefully the details of the lesson: Bear witness to the Word to hasten experience of truth.

**Formula** --By grace I give. By grace I will release.

**Guide** -- Grace is a state.

---

## **Lesson # 170**

**Idea** -- There is no cruelty in God and none in me.

**Key** -- Kindness projects reality.

**Theory** --Study the generic sequence outlined in the lesson.

**Practice** -- See past the idols; the face of Christ is just behind your face.

**Formula** -- Father, we are like You. No cruelty abides in us. We bless the world with what we have received from You. We choose again, and make our choice for all, knowing they are one with us. We bring them Your salvation as we have received it. We give thanks for them who render us complete. Holy are we. Your Holiness has set us free. And we give thanks. Amen.

**Guide** -- Joy is an escape from fear.

## **Fifth Review – Overview**

This series covers two lessons per day. Reminders regarding regular practice should no longer be required. Consider reading the Fifth Review Introduction every morning for the next ten days.

The emphasis now is on consistently deepening the focus on remembrance and the remembrance of focus. If doubt sneaks in, don't forget to stop and just listen.

Key concepts revolve around trust: certainty, sincerity and faith. Let the illusion of doubt dissipate then evaporate to the nothing that it is.

Love is the absence of fear, as light is the absence of dark. Hold the following thought as the reviews are considered. Here the intent is to deepen the understanding of aspects this core concept:

**God is but Love, and therefore so am I.**

The journey continues toward the now; each step brings one closer to the realization of reunion and the end of crucifixion.

This thought also ends the day, and is on our lips as we rise in the morning:

**God is but Love, and therefore so am I.**

## **Lesson # 171 – Review # 151-152**

God is but Love, and therefore so am I.

All things are echoes of the Voice for God.

God is but Love, and therefore so am I.

The power of decision is my own.

God is but Love, and therefore so am I.

---

## **Lesson # 172 – Review # 153-154**

God is but Love, and therefore so am I.

In my defenselessness my safety lies.

God is but Love, and therefore so am I.

I am among the ministers of God.

God is but Love, and therefore so am I.



### **Lesson # 173 – Review # 155-156**

God is but Love, and therefore so am I.

I will step back and let Him lead the way.

God is but Love, and therefore so am I.

I walk with God in perfect holiness.

God is but Love, and therefore so am I.

---

### **Lesson # 174 – Review # 157-158**

God is but Love, and therefore so am I.

Into His Presence would I enter now.

God is but Love, and therefore so am I.

Today I learn to give as I receive.

God is but Love, and therefore so am I.

## **Lesson # 175– Review # 159-160**

God is but Love, and therefore so am I.

I give the miracles I have received.

God is but Love, and therefore so am I.

I am at home. Fear is the stranger here.

God is but Love, and therefore so am I.

---

## **Lesson # 176 – Review # 161-162**

God is but Love, and therefore so am I.

Give me your blessing, holy Son of God.

God is but Love, and therefore so am I.

I am as God created me.

God is but Love, and therefore so am I.

### **Lesson # 177 – Review # 163-164**

God is but Love, and therefore so am I.

There is no death. The Son of God is free.

God is but Love, and therefore so am I.

Now are we one with Him Who is our Source.

God is but Love, and therefore so am I.

---

### **Lesson # 178 – Review # 165-166**

God is but Love, and therefore so am I.

Let not my mind deny the Thought of God.

God is but Love, and therefore so am I.

I am entrusted with the gifts of God.

God is but Love, and therefore so am I.

## **Lesson # 179 – Review # 167-168**

God is but Love, and therefore so am I.

There is one life, and that I share with God.

God is but Love, and therefore so am I.

Your grace is given me. I claim it now.

God is but Love, and therefore so am I.

---

## **Lesson # 180 – Review # 151-152**

God is but Love, and therefore so am I.

By grace I live. By grace I am released.

God is but Love, and therefore so am I.

There is no cruelty in God and none in me.

God is but Love, and therefore so am I.

## **Introduction to Lessons 181-200**

The next lessons make a special point of firming up the willingness to make our weak commitment strong. Then all scattered goals blend into one intent.

It is not yet total dedication all the time. Practice now to attain the sense of peace such unified commitment will bestow, if only intermittently. Give your total willingness to following the way the *Course* sets forth.

The lessons are now direct approaches to the special blocks that keep your vision narrow. We are attempting now to lift these blocks, even if briefly.

The experience of freedom and peace that comes as you give up control of what you see speaks for itself. Your motivation will be so intensified that words become of little consequence. You will be sure of what you want, and what is valueless.

Concentrate first on what still impedes your progress.

Experience of what exists beyond defensiveness remains beyond achievement while it is denied. It is there; as of yet you cannot accept its presence.

Attempt to go past all defenses every day. No more than this is needed. It will guarantee the rest will come.

## **Lesson # 181**

**Idea** -- I trust my brothers, who are one with me.

**Key** -- Focus on Light.

**Theory** -- We become what we direct our perception and energy toward. To Be beyond, See beyond; Teach brain. This strengthens the organs of perception of connection.

**Practice** -- Focus on seeking the sinlessness beyond the illusion in events and actions.

**Formula** -- It is not this that I would look upon. I trust my brothers, who are one with me.

**Guide** -- We all shine on.

---

## **Lesson # 182**

**Idea** -- I will be still an instant and go home.

**Key** -- Reality is quiet.

**Theory** -- As you merge with silence, the neural networks that create shields weaken, atrophy and then disconnect. The disconnect dissolves illusion.

**Practice** -- Become more genuinely accustomed to the still silence. Be the place where there are no shields.

**Formula** -- I will be still an instant and go home.

**Guide** -- Innocence only enters.

## **Lesson # 183**

**Idea** -- I call upon God's Name and on my own.

**Key** -- Silence.

**Theory** -- Subject and object in Consciousness are one. This is realized by holding a single seed in your world.

**Practice** -- Consider the lesson very carefully. Intensify one-pointed focus by the use of a single syllable.

**Formula** -- I call upon God's Name and on my own.

**Guide** -- Just Rememberance.

---

## **Lesson # 184**

**Idea** -- The Name of God is my inheritance.

**Key** -- We are unity.

**Theory** -- Space connects; it does not separate.

**Practice** -- Proceed the same as the previous lesson.

**Formula** -- Father, In Your Name we are united with all things and You Who are their Creator. What we call by different names are but shadows we cast across Your reality. We are thankful we were wrong. All our mistakes we give to You, that we may be absolved from all effects our errors have. We accept the truth in place of all of them. Your Name unites us in the oneness which is our inheritance and peace. Amen.

**Guide** -- Just Rememberance.

## **Lesson # 185**

**Idea** -- I want the peace of God.

**Key** -- Peace ends suffering.

**Theory** -- Just as we have only one thought at a time, we have only one desire at a time. Petty goals are mere mist.

**Practice** -- List and discard all trivial distractions. Do not allow sincerity to waver. Sense the peace extending across space that connects all.

**Formula** -- I want the peace of God.

**Guide** -- I am only peace.

---

## **Lesson # 186**

**Idea** -- Salvation of the world depends on me.

**Key** -- Humble is equality.

**Theory** -- The most important task to complete is the end of suffering. Otherwise everything seems wrong. All must work this function for themselves.

**Practice** -- Rememberance of quiet. Stop as often as you possibly can and Listen. Stop the world and be the Bearer Of Peace.

**Formula** -- Salvation of the world depends on me.

**Guide** -- Dissipate all arrogance.



## **Lesson # 187**

**Idea** -- I bless the world because I bless myself.

**Key** -- Give is gain.

**Theory** -- The neural networks (organs) of perception of oneness are made more robust by concentrated, dedicated thought.

**Practice** -- Spread a light of silent blessing toward all that is seen or heard.

**Formula** -- I bless the world because I bless myself.

**Guide** -- Blessing is receiving.

---

## **Lesson # 188**

**Idea** -- The peace of God is shining in me now.

**Key** -- Light is always here.

**Theory** -- Only the infernal internal dialogue hides the Light now. Only silence ceases this dialogue of illusion.

**Practice** -- Come nearer the Light. Sit quietly and close your eyes. The light within you is sufficient. It has power to give sight to you. Exclude the outer, and let your thoughts fly to the peace within.

**Formula** -- The peace of God is shining in me now. Let all things shine upon me in that peace, And let me bless them with the light in me.

**Guide** -- Extend Light.

## **Lesson # 189**

**Idea** -- I feel the Love of God within me now.

**Key** -- Relax and Be.

**Theory** -- Love is the absence of fear.

**Practice** -- Be still, and lay aside all concepts.

**Formula** -- Father, we know not the way. But we called, and You answered. We do not interfere. Salvation's way is not ours, for they belong to You. It is to You we look for them. Our hands are open to receive Your gifts. Yours is the way that we would find and follow. We ask but that Your Will, which is also ours, be done in us and the world, and so be a part of Heaven now.

**Guide** -- Be here now.

---

## **Lesson # 190**

**Idea** -- I choose the joy of God instead of pain.

**Key** -- Joy is reality.

**Theory** -- Your world is a choice. To believe differently is to experience differently. Intense change requires gently intense choice. With focus.

**Practice** -- Reaffirm the complete abandonment of all illusion and suffering. Over and over.

**Formula** -- I choose the joy of God instead of pain.

**Guide** -- Joy I Am.

## **Lesson # 191**

**Idea** -- I am the holy Son of God Himself.

**Key** -- Accept yourself.

**Theory** -- Denial of identity is a way to describe acceptance of suffering.

**Practice** -- Surrender to yourself. Unceasingly. Release their suffering. Unceasingly.

**Formula** -- I am the holy Son of God Himself. I cannot suffer, cannot be in pain; I cannot suffer loss, nor fail to do all that salvation asks.

**Guide** -- Remember Original Face.

---

## **Lesson # 192**

**Idea** -- I have a function God would have me fill.

**Key** -- Realization equals completeness.

**Theory** -- Forgetting the single sin of darkness, fear and contempt relinquishes their illusions. This is replaced with only the memory of the joy of now.

**Practice** -- Maintain a deep remembrance of mercy. Constantly.

**Formula** -- I have a function God would have me fill.

**Guide** -- Forget is forgive.

## **Lesson # 193**

**Idea** -- All things are lessons God would have me learn.

**Key** -- Unlearn sin.

**Theory** -- Every event that occurs can be used as a learning experience. Each one must be examined with educated focus. Everyone must define their own illusions.

**Practice** -- Look for the light, love and gratitude in everything that is encountered. Think only *these one* thought.

**Formula** -- I will forgive, and this will disappear.

**Guide** -- Remembrance is learning.

---

## **Lesson # 194**

**Idea** -- I place the future in the Hands of God.

**Key** -- Forget all tomorrows.

**Theory** -- By this lesson, if Remembrance skills are highly developed, one can be literally be a step away from the threshold of the End of Suffering.

**Practice** -- Concentrate exclusively on continual focus of Remembrance. Maintain the joyful path of forgiveness and peace. Let there be Light.

**Formula** -- I place the future in the Hands of God.

**Guide** -- Be here now.

## **Lesson # 195**

**Idea** -- Love is the way I walk in gratitude.

**Key** -- Light is gratitude.

**Theory** -- Love is the absence of fear. Gratitude is the absence of contempt. All correlates of consciousness are equivalent in Light.

**Practice** -- Follow an uninterrupted flow of the remembrance of the strength of thanks. Constantly replace criticism with gratitude.

**Formula** -- Love is the way I walk in gratitude.

**Guide** -- Gratitude is Light.

---

## **Lesson # 196**

**Idea** -- It can be but myself I crucify.

**Key** -- Sin is crime against self.

**Theory** -- Anything we see in another is actually a reflection of our own ego. When we defend we self-crucify. Think, see and be light are simultaneous.

**Practice** -- Consider carefully that every accusation is another illusion. See mercy as the absence of accusation. Ask if remembrance flows gently and continuously.

**Formula** -- It can be but myself I crucify.

**Guide** -- End of suffering nears.

## **Lesson # 197**

**Idea** -- It can be but my gratitude I earn.

**Key** -- Gratitude is antidote.

**Theory** -- Self can convince brain that all the thoughts of darkness are illusions and only the thoughts of light actually exist.

**Practice** -- Simple, calm, unceasing thanks for all that surrounds everything. Ask if you are stopping frequently.

**Formula** -- It can be but my gratitude I earn.

**Guide** -- Receiving is giving.

---

## **Lesson # 198**

**Idea** -- Only my condemnation injures me.

**Key** -- Acceptance is peace.

**Theory** -- Contempt and weakness are totally equivalent in darkness. When we judge, we condemn and each time we judge a bar is placed in the cage.

**Practice** -- Rememberance that our acceptance thru forgiveness is equivalent to strength and gratitude.

**Formula** -- Only my condemnation injures me. Only my own forgiveness sets me free.

**Guide** -- Light is acceptance.

## **Lesson # 199**

**Idea** -- I am not a body, I am free.

**Key** -- Body only limits.

**Theory** -- We are more than body. Brain is an interface and when it becomes clear of fear, contact with mind is then achieved.

**Practice** -- Continuous focus on the unlimited nature of mind, unbound by time or space or conceptions or doubt.

**Formula** -- I am not a body. I am free. I hear the Voice that God has given me, and it is only this my mind obeys.

**Guide** -- Mind I am.

---

## **Lesson # 200**

**Idea** -- There is no peace except the peace of God.

**Key** -- Joy is just here.

**Theory** -- When all the blockages of consciousness are cleared, nothing remains except peace, so all and everything becomes joy and gratitude.

**Practice** -- Today is just for being fully in continuous Remembrance.

**Formula** -- There is no peace except the peace of God, And I am glad and thankful it is so.

**Guide** -- Smile here now.

## **Sixth Review – Overview**

This review covers one idea a day. Morning and evening sessions will not be less than fifteen minutes; there must be hourly remembrances, plus applying the idea as often as possible.

Carefully review the ideas. There must be no exceptions made. Use them all and blend them as one. Start and end each lesson with:

**I am not a body. I am free.  
For I am still as God created me.**

Repeat every hour, and constantly remember your function transcends the world. Beyond this, no exercise is needed, except to relinquish everything that clutters the mind.

We now attempt a quickened pace along a shorter path to serenity. We close our eyes, and forget all that we thought we knew and understood.

Permit no idle thought to go unchallenged. Assure your mind that this is not what it wants. Gently let the thought be given up, in quick exchange for the idea for the day. When you are tempted, hasten to proclaim your freedom, as you say:

**This thought I do not want.  
I choose instead \_\_\_\_\_.**

And then repeat the idea for the day, and let it take the place of what you thought.



## **Lesson # 201 – Review # 181**

**I am not a body. I am free.  
For I am still as God created me.**

I trust my brothers, who are one with me.

No one but is my brother. I am blessed with oneness with the universe and God, my Father, one Creator of the whole that is my Self, forever One with me.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 202 – Review # 182**

**I am not a body. I am free.  
For I am still as God created me.**

I will be still an instant and go home.

Why would I choose to stay an instant more where I do not belong, when God Himself has given me His Voice to call me home?

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 203 – Review # 183**

**I am not a body. I am free.  
For I am still as God created me.**

I call upon God's Name and on my own.

The Name of God is my deliverance  
from every thought of evil and of sin,  
because it is my own as well as His.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 204 – Review # 184**

**I am not a body. I am free.  
For I am still as God created me.**

The Name of God is my inheritance.

God's Name reminds me that I am His Son,  
not slave to time, unbound by laws  
which rule the world of sick illusions, free in God,  
forever and forever one with Him.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 205 – Review # 185**

**I am not a body. I am free.  
For I am still as God created me.**

I want the peace of God.

The peace of God is everything I want.

The peace of God is my one goal;  
the aim of all my living here, the end I seek,  
my purpose and my function and my life,  
while I abide where I am not at home.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 206 – Review # 186**

**I am not a body. I am free.  
For I am still as God created me.**

Salvation of the world depends on me.

I am entrusted with the gifts of God,  
because I am His Son. And I would give His gifts  
where He intended them to be.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 207 – Review # 187**

**I am not a body. I am free.  
For I am still as God created me.**

I bless the world because I bless myself.

God's blessing shines upon me from within my heart,  
where He abides. I need but turn to Him,  
and every sorrow melts away,  
as I accept His boundless Love for me.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 208 – Review # 188**

**I am not a body. I am free.  
For I am still as God created me.**

The peace of God is shining in me now.

I will be still, and let the earth be still along with me.  
And in that stillness we will find the peace of God.  
It is within my heart, which witnesses to God Himself.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 209– Review # 189**

**I am not a body. I am free.  
For I am still as God created me.**

I feel the Love of God within me now.

The Love of God is what created me.

The Love of God is everything I am.

The Love of God proclaimed me as His Son.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 210 – Review # 190**

**I am not a body. I am free.  
For I am still as God created me.**

I choose the joy of God instead of pain.

Pain is my own idea. It is not a Thought of God,  
but one I thought apart from Him and from His Will.

His Will is joy, and only joy for His beloved Son.

And that I choose, instead of what I made.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 211 – Review # 191**

**I am not a body. I am free.  
For I am still as God created me.**

I am the holy Son of God Himself.

In silence and in true humility  
I seek God's glory, to behold it in the Son  
whom He created as my Self.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 212 – Review # 192**

**I am not a body. I am free.  
For I am still as God created me.**

I have a function God would have me fill.

I seek the function that would set me free  
from all the vain illusions of the world.

The function God has given me can offer freedom.  
Only this I seek, and only this will I accept as mine.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 213 – Review # 193**

**I am not a body. I am free.  
For I am still as God created me.**

All things are lessons God would have me learn.

A lesson is a miracle which God offers to me,  
in place of thoughts I made that hurt me.  
What I learn of Him becomes the way I am set free.  
So I choose to learn His lessons and forget my own.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 214 – Review # 194**

**I am not a body. I am free.  
For I am still as God created me.**

I place the future in the Hands of God.

The past is gone; the future not yet.  
I am freed from both.

For what God gives can only be for good.  
I accept but what He gives as what belongs to me.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 215 – Review # 195**

**I am not a body. I am free.  
For I am still as God created me.**

Love is the way I walk in gratitude.

The Holy Spirit is my only Guide.

He walks with me in love.

I give thanks to Him for showing me the way to go.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 216 – Review # 196**

**I am not a body. I am free.  
For I am still as God created me.**

It can be but myself I crucify.

All that I do I do unto myself.

If I attack, I suffer.

But if I forgive, salvation will be given me.

**I am not a body. I am free.  
For I am still as God created me.**



## **Lesson # 217 – Review # 197**

**I am not a body. I am free.  
For I am still as God created me.**

It can be but my gratitude I earn.

Who should give thanks for my salvation but myself?

And how but thru salvation can I find  
the Self to Whom my thanks are due?

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 218 – Review # 198**

**I am not a body. I am free.  
For I am still as God created me.**

Only my condemnation injures me.

My condemnation keeps my vision dark,  
and thru my sightless eyes

I cannot see the vision of my glory.

Yet today I can behold this glory and be glad.

**I am not a body. I am free.  
For I am still as God created me.**

## **Lesson # 219 – Review # 199**

**I am not a body. I am free.  
For I am still as God created me.**

I am not a body. I am free.

I am God's Son.

Be still, my mind, and think a moment upon this.  
Then return to earth, without confusion as to what  
my Father loves forever as His Son.

**I am not a body. I am free.  
For I am still as God created me.**

---

## **Lesson # 220 – Review # 200**

**I am not a body. I am free.  
For I am still as God created me.**

There is no peace except the peace of God.

Let me not wander from the way of peace, I am lost  
on other roads than this. But let me follow Him Who  
leads me home, and peace is certain as the Love of  
God.

**I am not a body. I am free.  
For I am still as God created me.**

## Part Two - Overview

### How is your progress?

The *Course* makes no explicit directive to make assessment of the progress of a student. This page is in **no way** an extract of the program curriculum, and so is only advisable, and not in any way mandatory.

The *Course* **does** indicate a clearly stated requirement to achieve certain skills. Several examples include:

- Lesson 20 introduces the practice of frequent stops, a step to full remembrance. Although the instructions do vary in the early lessons, the stops become more standard. Have you been following these directives?
- Lesson 44 contains very special instructions. "This training must be accomplished if you are to see." Can you do this?

The *Course* contains some rather unconventional concepts as part of its thought system. Have you paid the dues of due contemplation?

Beginning with Lesson 221, the concepts begin to take on a life of their own. If you have not diligently followed the instructions of the earlier Lessons, the Miracle will be delayed.

As there are a multitude of possible situations, no advice can be provided here. Except to keep working.

## **We begin to enter a new realm.**

This guide only briefly summarizes the introductions ("special thoughts") to the Part Two *Course* subsections. These themes must be contemplated quite carefully in the original form. These special thoughts should be reviewed again every day, each to be continued till the next is given.

The schedule format is now different from the earliest lessons. Now we follow the idea contemplations with long periods of wordless, deep experience. No other practice is specified.

**We use words as guides on which we do not depend.**

**We seek direct experience of truth alone.**

**It is now to cross the threshold.**

The lessons that remain are merely introductions to the times in which we leave the world of pain, and go to enter peace. Now we attempt to let the exercise be merely a beginning. We wait in quiet expectation. Continue with a central thought for all the days to come, and use that thought to introduce times of rest.

**He has promised He will take the final step Himself.**

**Now is the time of prophecy fulfilled.**

## **What is forgiveness? Lessons 221 - 230**

What you thought your brother did has not occurred.

It does not pardon sins and make them real.

It sees there was no sin.

Sin is a false idea about God's Son.

Forgiveness sees its falsity, and lets it go.

What then takes its place is the Will of God.

Unforgiving thought makes judgment.

The thought projects, tightening its chains,  
veiling distortions to more and more obscure,  
less accessible to doubt, and kept further from reason.

Nothing comes between a fixed projection  
and the aim it has chosen as its wanted goal

An unforgiving thought does many things.

In frantic action it pursues its goal, twisting and  
overturning what it sees as interfering with its path.  
Distortion is its purpose, and the means by which it would  
accomplish it as well.

It sets about its furious attempts to smash reality,  
without concern for anything that would appear  
to pose a contradiction to its point of view.

Forgiveness, on the other hand, is still.

It offends no aspect of reality, nor seeks to twist.

It looks, and waits, and judges not.

Do nothing, and let forgiveness show you what to do.

## **Lesson # 221**

**Peace to my mind. Let all my thoughts be still.**

In the quiet of my heart, the deep recesses of my mind, I  
wait and listen for Your Voice.

Now do we wait in quiet.

God is here, because we wait together.

I am sure that He will speak to you, and you will hear.

Our minds are joined.

We wait with one intent; to hear our Father's answer to  
our call, to hear Him speak to us of what we are.

---

## **Lesson # 222**

**God is with me. I live and move in Him.**

He is my Source of life, the air I breathe,  
the water which renews and cleanses me,  
my home, the Spirit which directs my actions,  
and guarantees my safety from all pain.

He covers me with kindness and care,  
holds in love the Son He shines upon, who shines on Him.

How still is he who knows the truth of what He speaks!

Father, we have no words except Your Name upon our lips  
and in our minds, as we come quietly into Your Presence.

## **Lesson # 223**

**God is my life. I have no life but His.**

I was mistaken when I lived apart from God.

I know my life is God's and I do not exist apart from Him.

Father, let us see the face of Christ instead of mistakes.

We would look upon our sinlessness, for guilt proclaims that  
we are not Your Son.

We are lonely, and long for Heaven, where we are at home.

Today we would return.

Our Name is Yours, and we acknowledge that we are Your  
Son.

---

## **Lesson # 224**

**God is my Father, and He loves His Son.**

My true Identity is secure, lofty, sinless, and glorious,  
wholly free from guilt.

Heaven looks to It to give it light. It lights the world as well.

There is no gift but this that can be either given or received.

This is reality, and only this. This is illusion's end.

My Name, O Father, still is known to You.

Remind me, Father, now, for I am weary of the world I see.

Reveal what You would have me see instead.

## **Lesson # 225**

### **God is my Father, and His Son loves Him.**

Father, I must return Your Love for me,  
for giving and receiving are the same.

I must return it, for I want it mine in full awareness,  
with fear behind and only peace ahead.

How still the way Your loving Son is led along to You!

You have reached your hand to me, and I will never leave  
you.

We are one, and it is but this oneness that we seek, as we  
accomplish these few final steps which end a journey that  
was not begun.

---

## **Lesson # 226**

### **My home awaits me. I will hasten there.**

If I so choose, I can depart this world entirely.

It is not death which makes this possible, but it is change of  
mind about the purpose of the world.

I see no value in the world I behold it will depart from me.

For I have not sought for illusions to replace the truth.

Father, my home awaits my glad return.

What need have I to linger in a place of vain desires and of  
shattered dreams, when Heaven can so easily be mine?



## **Lesson # 227**

### **This is my holy instant of release.**

Father, it is today that I am free, because my will is Yours.

Nothing that I thought apart from You exists.

I am free because I was mistaken.

Now I give them up, and lay them down before the feet of truth, to be removed forever from my mind.

Father, I know my will is one with Yours.

Today we find our return to Heaven, which we never left.

The Son of God this day comes home again,  
released from sin, with his right mind restored to him at last.

---

## **Lesson # 228**

### **God has condemned me not. No more do I.**

Shall I deny His knowledge,  
and believe in what His knowledge makes impossible?

Or shall I take His Word for what I am,  
since He is the One Who knows the true condition of His Son?

I was mistaken in myself, I failed to realize the Source.

I have not left that Source to enter in a body and to die.

My holiness remains a part of me, as I am part of You.

And my mistakes about myself are dreams.

I stand ready to receive Your Word for what I really am.

## **Lesson # 229**

**Love, which created me, is what I am.**

I seek my own Identity, and find It in these words:  
"Love, which created me, is what I am."

Now need I seek no more. Love has prevailed.

What I look on attests the truth of the Identity I sought to lose, but which my Father has kept safe for me.

Father, my thanks to You for keeping my Identity untouched and sinless, in the thoughts of sin my foolish mind made up.

And thanks to You for saving me from them. Amen.

---

## **Lesson # 230**

**Now will I seek and find the peace of God.**

In peace I was created. In peace I remain.

It is not given me to change my Self.  
Now I ask but to be what I am.

And can this be denied me, when it is forever true?

What was given then must be here now, for my creation was apart from time, and still remains beyond all change.

The peace in which Your Son was born into Your Mind is shining there unchanged.

I need but call on You to find the peace You gave.

## **What is salvation? Lessons 231 – 240**

Salvation is a promise you will find your way to God.

It guarantees time will have an end,  
and all the thoughts born in time will end as well.

God's Word replaces thoughts of conflict with peace.

The Thought of peace was given to God's Son  
the instant that his mind had thought of war.

But when the mind is split there is a need of healing.  
It did not know itself, and thought its Identity was lost.

Salvation is undoing in the sense that it does nothing,  
failing to support the world of dreams and malice.

Thus it lets illusions go.

And what they hid is now revealed;  
an altar to the Name of God where His Word is written,  
with the gifts of your forgiveness laid before it.

We come daily to this holy place, spending a while as one.  
Here we share our final dream in which there is no sorrow.

Earth is being born again in new perspective.  
Night has gone, and we have come together in the light.  
From here we give salvation to the world.

The song of our rejoicing is the call to all the world  
that freedom is returned, that time is almost over,  
and God's Son has but an instant more to wait  
until his dreams are done.

## **Lesson # 231**

### **Father, I will but to remember You**

Yet is Your Love the only thing I seek, or ever sought.

For there is nothing else that I could ever really want to find.

What else could I desire but the truth about myself?

And you share this will with me,  
and with the One as well Who is our Father.

To remember Him is Heaven.

This we seek. And only this will be given us.

---

## **Lesson # 232**

### **Be in my mind, my Father, thru the day**

Be in my mind, my Father, when I wake, and shine on me  
thru out the day today.

Let every minute be a time in which I dwell with You.

And let me not forget my hourly thanksgiving,  
You always will be there to hear my call and answer me.

At evening, let my thoughts be still of You and of Your Love.

This is as every day should be.

Today, practice the end of fear.

Let Him reveal all things to you, and be you undismayed  
because you are His Son.

## **Lesson # 233**

**I give my life to God to guide today.**

Father, I give You all my thoughts today.

I would have none of mine.

I give You all my acts as well, that I may do Your Will instead  
of seeking goals which cannot be obtained.

Today I come to You. I will step back and merely follow You.

Today we have one Guide to lead us on.

As we go together, we give this day to Him with no reserve.

And so it is a day of countless gifts and mercies unto us.

---

## **Lesson # 234**

**Father, today I am Your Son again.**

Today we will anticipate the time  
when dreams of sin and guilt are gone.

Nothing has ever happened to disturb the peace of God the  
Father and the Son.

This we accept as wholly true today.

We thank You, Father, that we cannot lose the memory of  
You and of Your Love.

We recognize our safety, and give thanks for the gifts You  
bestowed and the Word You gave us that we are saved.

## **Lesson # 235**

**God in His mercy wills that I be saved.**

I look upon all that seems to hurt me, and with say  
"God wills that I be saved from this,"  
and merely watch them disappear.

Father's Will for me is only happiness.

I need but remember that God's Love surrounds His Son to  
be sure that I am saved and safe forever in His Arms.

Father, Your Holiness is mine.

Love created me, and made sinlessness forever part of You.

I have no guilt nor sin in me, for there is none in You.

---

## **Lesson # 236**

**I rule my mind, which I alone must rule.**

At times, it does not seem I am its king at all.

All seems to tell me what to think and do and feel.

Yet it has been given me to serve whatever purpose I  
perceive in it.

My mind can only serve.

Father, my mind is open to Your Thoughts,  
and closed today to every thought but Yours.

I rule my mind, and offer it to You.

Accept my gift, for it is Yours to me.

## **Lesson # 237**

**Now would I be as God created me.**

Today I will accept the truth about myself.

I allow light in me to shine upon the world thru the day.

I bring tidings of salvation I hear as God speaks to me.

I behold the world that Christ would have me see, as it  
ends the dream of death; aware it is my Father's Call.

Christ is my eyes and the ears that listen to the Voice.

Father, I come to You thru Him Who is Your Son,  
and my true Self as well.

---

## **Lesson # 238**

**On my decision all salvation rests.**

Father, Your trust in me has been so great, I must be  
worthy. You created me, and know me as I am.

You placed Your Son's salvation in my hands.

I must be beloved of You indeed.

I must be steadfast in holiness, that You would give Your  
Son in certainty that he is safe Who still is part of You,  
and yet is mine, because He is my Self.

So again today, we pause to think how much our Father  
loves us and how dear His Son, created by His Love,  
remains to Him Whose Love is made complete in him.

## **Lesson # 239**

### **The glory of my Father is my own.**

Let not the truth about ourselves be hidden by false humility.

Let us instead be thankful for the gifts our Father gave us.

Can we see in those with whom He shares His glory any trace  
of sin and guilt?

can it be that we are not among them,  
when He loves His Son forever and with perfect constancy?

We thank You, Father, for the light that shines forever in us.

We are one, united in this light and one with You,  
at peace with all creation and ourselves.

---

## **Lesson # 240**

### **Fear is not justified in any form.**

Fear is deception.

It says that you have seen yourself as you could never be.

It does not matter what the form in which it may appear.

It witnesses but to your own illusions of yourself.

Let us not be deceived today. We are the Sons of God.

There is no fear in us, for we are a part of Love Itself.

How foolish are our fears!

Let us forgive in Your Name, that we may understand  
holiness, and feel the love for him which is Your Own.



## **What Is the World? Lessons 241 - 250**

The world is false perception.

It is born of error, and it has not left its source.

It not remain longer than its thought is cherished.

When thought of separation changes to true forgiveness,  
the world will be seen in a light leading to truth,  
where all the world errors must vanish.

When its source has gone, its effects are gone as well.

The world symbolizes fear.

And what is fear except love's absence?

The world is meant as a place where God could not enter,  
and where His Son would be apart from Him.

Here was perception born

But eyes deceive, and ears hear falsely.

The mechanisms of illusion have been born instead.  
Everything they report is illusion kept apart from truth.

Sight leads away from truth, but it can be redirected.  
Sounds call for God, perception has a new purpose.

Follow His light, and see the world as He beholds it.  
Hear His Voice alone in all that speaks to you.  
And let Him give you peace and certainty.

Let us not attempt to change our function.

We must save the world.

We who made it must behold it through the eyes of Christ,  
so what was made to die is restored to everlasting life.

## **Lesson # 241**

**This holy instant is salvation come.**

What joy there is today! It is a time of special celebration.

For today holds the instant to the world where release is.

The day has come when sorrows pass and pain is gone.

The glory of salvation dawns today upon a world set free.

This is the time of hope for countless millions.

They will be united now, as you forgive them all.

How glad are we to have sanity restored, and to  
remember that we all are one.

---

## **Lesson # 242**

**This day is God's. It is my gift to Him.**

I will not lead my life alone today.

I do not understand the world,  
and to try to lead my life alone must be but foolishness.

But there is One Who knows all that is best for me.

I give this day to Him, for I do not delay my coming home.

We do not ask for anything that we may think we want.

Give us what You would have received by us.

You give us everything we need in helping us find the way.

## **Lesson # 243**

**Today I will judge nothing that occurs.**

I will be honest with myself today.

I will not think that I know what is beyond my grasp.

I will not think I understand the whole from bits of my perception, which are all that I can see.

And so I am relieved of judgments that I cannot make.

Thus I free myself and what I look upon, to be in peace.

Father, today I leave creation free to be itself.

We are one because each part contains Your memory.

---

## **Lesson # 244**

**I am in danger nowhere in the world.**

Your Son is safe everywhere, for You are with him.

He need but call upon Your Name, and he will recollect his safety and Your Love, for they are one.

How can he fear or doubt or fail to know he cannot suffer, be endangered, or experience unhappiness, when he belongs to You, beloved and loving?

And there we are in truth.

For what can come to threaten God Himself, or make afraid what will forever be a part of Him?

## **Lesson # 245**

**Your peace is with me, Father. I am safe.**

Where I go, Your peace goes there with me.

It sheds its light on everyone I meet.

I give Your peace to those who suffer pain, or grieve for loss,  
or think they are bereft of hope and happiness.

Send them to me, Father. And so we go in peace.

To all the world we give the message we have received.

And thus we come to hear the Voice for God,  
Who speaks to us; Whose Love we recognize  
because we share the Word He has given to us.

---

## **Lesson # 246**

**To love my Father is to love His Son.**

Let me not think I can find the way to God, if I have hatred in  
my heart.

Let me not fail to recognize myself,  
and still believe that my awareness can contain my Father,  
or my mind conceive of all the love my Father has for me,  
and all the love which I return to Him.

I will accept the way You choose for me to come to You.

For in that will I succeed, because it is Your Will.

And so I choose to love Your Son.

## **Lesson # 247**

### **Without forgiveness I will still be blind.**

Sin is the symbol of attack.

Behold it anywhere, and I suffer.

Forgiveness is the only way Christ's vision comes to me.

I accept what He shows me as the truth and I am healed.

Brother, come and let me look on you.

Your sinlessness is mine.

You stand forgiven, and I stand with you.

So would I look on everyone today.

---

## **Lesson # 248**

### **Whatever suffers is not part of me.**

I have disowned the truth.

What suffers is not part of me. What grieves is not myself.

Pain is but illusion in my mind.

I disown self-concepts and deceits about the Son of God.

Father, my ancient love for You returns,  
and lets me love Your Son again as well.

Father, I am as You created me.

Now is Your Love remembered, and my own.  
I understand that they are one.

## **Lesson # 249**

### **Forgiveness ends all suffering and loss.**

Forgiveness paints a picture of a world where suffering is over, loss becomes impossible and anger makes no sense.

Attack is gone, and madness has an end.

What suffering is conceivable or loss be sustained?

The world is a place of joy, abundance and endless giving.

A journey the Son began ends in the light he came from.

Father, we would return our minds to You.

We have betrayed and held a vise of bitterness.

Now would we rest again in You, as You created us.

---

## **Lesson # 250**

### **Let me not see myself as limited.**

Let me behold the Son of God today, and witness to his glory.

Let me not obscure the holy light, and see strength diminished; nor perceive the lacks with which I attack.

He is Your Son, my Father.

Today I would behold gentleness instead of illusions.

He is what I am, and as I see him so I see myself.

Today I will see truly, that I may now identify with him.

## **What Is Sin? Lessons 251 - 260**

Sin is insanity.

It is the means by which the mind is driven mad,  
and seeks to let illusions take the place of truth.

Being mad, it sees illusions where the truth should be.

Sin gave the body eyes, for what would the sinless behold?

What need have they of sights or sounds or touch?

What would they hear or reach to grasp?

What would they sense at all? To sense is not to know.

Truth can only be filled with knowledge, and nothing else.

Sin is the home of illusions, for things only imagined,  
issuing from thoughts that are untrue.

Sin "proves" God's Son is evil.

And God Himself has lost the Son He loves, with but  
corruption to complete Himself, His Will forever overcome  
by death, love slain by hate, and peace to be no more.

A madman's dream is frightening; sin appears terrifying.

And yet what sin perceives is but a childish game.

The Son of God may play he has become a body,  
prey to evil and to guilt, with a little life that ends in death.

Shall we not put away these sharp-edged children's toys?

How soon will you be ready to come home?

Perhaps today? There is no sin. Creation is unchanged.

## **Lesson # 251**

**I am in need of nothing but the truth.**

I sought for many things, and found despair.

Now I seek but one, for that one is all I need.

All I sought before I needed not, and did not even want.

My only need I did not recognize.

But now I see that I need only truth.

In that all needs are satisfied, all cravings end, all hopes  
are finally fulfilled and dreams are gone.

And now at last I find myself at peace.

What we denied ourselves is what we really want.

---

## **Lesson # 252**

**The Son of God is my Identity.**

My Self is holy beyond all thoughts of holiness I conceive.

Its purity is more brilliant than any light I have looked on.

Its love is with an intensity that holds all things within it.

Its strength comes from the boundless Love of God.

Father, You know my true Identity.

Reveal It to me, that I may waken to the truth in You,  
and know that Heaven is restored to me.



## **Lesson # 253**

### **My Self is ruler of the universe.**

Nothing can come to me unbidden by myself.

Even in this world, it is I who rule my destiny.

What happens is what I desire.

What does not occur is what I do not want to happen.

You are the Self Whom You created Son,  
creating like Yourself and One with You.

My Self is but Your Will in perfect union with mine,  
which offers glad assent to Yours,  
that it may be extended to Itself.

---

## **Lesson # 254**

### **Let every voice but God's be still in me.**

In deepest silence I would come to You,  
to hear Your Voice and to receive Your Word.

I have no prayer but this:

I come to You to ask You for the truth.

Today we let no ego thoughts direct our words or actions.

When thoughts occur, we step back and look, and let go.

We do not want what they would bring with them.

And so we do not choose to keep them.

They are silent now.

And in the stillness God speaks to us and tells us of our will,  
as we have chosen to remember Him.

## **Lesson # 255**

**This day I choose to spend in perfect peace.**

It does not seem that I can choose to have peace today.

Yet God assures me that His Son is like Himself.

Let peace I choose bear witness to truth of what He says.

God's Son has no cares, and is in the peace of Heaven.

I give today to finding what my Father wills for me,  
accepting it as mine, and giving it to all along with me.

And so, my Father, would I pass this day with You.

The peace You gave still is in this mind, and it is there I  
choose to spend today.

---

## **Lesson # 256**

**God is the only goal I have today.**

The way to God is thru forgiveness. There is no other way.

If sin had not been cherished, what need would there have  
been to find the way?

Who could be unsure of who he is?

And who would yet remain asleep, in clouds of doubt?

God is our goal;  
forgiveness is how our minds return to Him at last.

We have no goal except to find the way Your sacred Word  
has pointed out to us.

## **Lesson # 257**

### **Let me remember what my purpose is.**

If I forget my goal I am only confused,  
unsure of what I am, and conflicted in my actions.

No one can serve opposite goals without deep distress.

Let us be determined to remember what we want today,  
that we may unify our thoughts and actions meaningfully.

Father, forgiveness is Your means for our salvation.

Let us not forget today that we can have no will but Yours.

And thus our purpose must be Yours as well,  
if we would reach the peace You will for us.

---

## **Lesson # 258**

### **Let me remember that my goal is God.**

All that is needful is to train our minds to overlook all little  
senseless aims, and to remember that our goal is God.

His memory is hidden in our minds, obscured but by our  
pointless little goals which offer nothing, and do not exist.

God is our only goal, our only Love.

We have no aim but to remember Him.

We have no goal but this.

What could we want but to remember You?

What could we seek but our Identity?

## **Lesson # 259**

**Let me remember that there is no sin.**

Sin is the thought that makes of God seem unattainable.

What else could blind us to the obvious, and make the strange and the distorted seem more clear?

What else but sin could be the source of guilt, demanding punishment and suffering?

What but sin could be the source of fear?

Father, I would not be insane today.

I am not be afraid of love, for love can have no opposite.

---

## **Lesson # 260**

**Let me remember God created me.**

I did not make myself, although in insanity I thought I did.

Yet, as Your Thought, I have not left my Source, remaining part of Who created me.

Your Son, my Father, calls on You today.

Let me remember my Identity.

Thru Christ's vision I look upon my brothers today.

Holy indeed are we, because our Source can know no sin.

We who are His Sons are like each other, and alike to Him.

## **What is the Body? Lessons 261 – 270**

The body is a fence the Son of God imagines he has built,  
to separate parts of his Self from other parts.

It is within this fence he thinks he lives,  
to die as it decays and crumbles.

For within this fence he thinks that he is safe from love.

Identifying with his safety, he sees himself as his safety.

How else could he be certain he remains within the body,  
keeping love outside? The body will not stay.

Yet this he sees as double safety, "proof" his fences work,  
and do the task his mind assigns to them.

The body is a dream.

Like other dreams it sometimes pictures happiness,  
but can revert to fear, where all dreams are born.

Made for fear, the body must serve the purpose given it.  
But we can change the purpose that the body will obey  
by changing what we think that it is for.

The body is the tool by which God's Son returns to sanity.  
Now is the body holy.

Now it serves to heal the mind that it was made to kill.

You will identify with what you think will make you safe.

Love is your safety. Fear does not exist.

Identify with love, and you are safe and find your Self.

## **Lesson # 261**

### **God is my refuge and security.**

I will identify with what I think is refuge and security.

I will behold myself where I perceive strength, and I live within the citadel where I am safe and cannot be attacked.

Let me seek not security in danger nor peace in attack.

I live in God. In Him I find my refuge and my strength.

Only there will I remember Who I really am.

I would come, my Father, home to You today.

I choose to be as You created me, and find the Son whom  
You created as my Self.

---

## **Lesson # 262**

### **Let me perceive no differences today.**

Father, You have one Son, It is he that I would look upon.

He is Your one creation.

Why do I give this a thousand names, when one suffices?

Your Son must bear Your Name, for You created him.

Let me not see as a stranger to my Father, or to myself.

We who are one would recognize truth about ourselves.

We would come home, and rest in unity.

For there is peace, and nowhere else can peace be found.

## **Lesson # 263**

### **My holy vision sees all things as pure.**

Father, Your Mind created all that is,  
Your Spirit entered into it, Your Love gave life to it.

I would not perceive dark and fearful images.

A madman's dream is hardly fit to be my choice, instead of  
all the loveliness with which You blessed creation; all its  
purity, its joy, and its eternal, quiet home in You.

Let all appearances seem pure to us, that we may pass  
them by in innocence, and walk together to our Father's  
house as brothers and the holy Sons of God.

---

## **Lesson # 264**

### **I am surrounded by the Love of God.**

Father, You stand before me and behind, beside me, in the  
place I see myself, and everywhere I go.

You are in all the things I look upon, the sounds I hear,  
and every hand that reaches for my own.

What surrounds Your Son and keeps him safe is Love.

Father, Your Son is like Yourself.

We come to You in Your Own Name today, to be at peace  
within Your everlasting Love.

My brothers, join with me in this today.  
This is salvation's prayer.

## **Lesson # 265**

### **Creation's gentleness is all I see.**

I have misunderstood the world,  
I laid my sins on it and saw them looking back at me.  
I was deceived to think what I feared was in the world,  
instead of in my mind alone.

Today I see the world in celestial gentleness.  
Let no appearance of sins obscure the light of Heaven.  
What is reflected there is in God's Mind.  
In quiet I look upon the world, reflecting Your Thoughts.  
Let me remember that they are the same, and I will see  
creation's gentleness.

---

## **Lesson # 266**

### **My holy Self abides in you, God's Son.**

Father, You gave me all Your Sons,  
to be my saviors and my counselors in sight.

Let not Your Son forget Your holy Name.  
Let not Your Son forget his holy Source.  
Let not Your Son forget his Name is Yours.

We enter into Paradise, knowing our Self in each of us.

How can we lose the way to Him,  
when He has filled the world with those who point to Him?



## **Lesson # 267**

### **My heart is beating in the peace of God.**

Surrounding me is all the life that God created in His Love.

Peace fills my heart, and floods my body with forgiveness.

Now my mind is healed.

Each heartbeat brings peace; each breath brings strength.

I am a messenger of God, directed by His Voice.

Each heartbeat calls His Name, and everyone is answered.

Let me attend Your Answer, not my own.

Father, my heart beats in peace the Heart of Love created.

It is there and only there that I can be at home.

---

## **Lesson # 268**

### **Let all things be exactly as they are.**

Lord, I will not be Your critic or judge against You.

I will not interfere with creation,  
distorting it as sickly forms.

What can frighten me, when I let all things be as they are?

Let not our sight be blasphemous,  
nor our ears attend to lying tongues.

Only reality is free of pain, and free of loss.

And it is only this we seek today.

## **Lesson # 269**

**My sight goes forth to look upon Christ's face.**

I ask Your blessing on my sight today.

It is given me a new perception thru the Guide,  
and His lessons to pass perception and return to truth.

I ask for the illusion which transcends all those I made.  
Today I choose to see a world forgiven, that teaches me  
what I look upon belongs to me.

Today our sight is blessed indeed.

We are one because of Him Who is the Son of God;  
of Him Who is our own Identity.

---

## **Lesson # 270**

**I will not use the body's eyes today.**

Christ's vision has power to translate all the body's eyes  
behold into the sight of a forgiven world.

How glorious and gracious is this world!

And now his will is one with Yours.

The quiet of today will bless our hearts, and thru them  
peace will come to everyone.

Christ is our eyes today.

And thru His sight we offer healing to the world.

## **What is Christ? Lessons 271 – 280**

Christ is God's Son as He created Him.  
The Self we share, uniting with one another, and God also.  
The Thought that abides in the Mind that is His Source.

He has not left His holy home,  
nor lost the innocence in which He was created.  
He abides unchanged forever in the Mind of God.

Christ is the link that keeps you one with God, and  
guarantees that separation is simply an illusion of despair.

Your mind is part of His, and His of yours.  
He is the part in which God's Answer lies;  
where all decisions are already made.

Home of the Holy Spirit, and at home in God alone,  
Christ remains at peace in the Heaven of your holy mind.  
This is the only part of you that has reality in truth.

The Holy Spirit reaches from the Christ to your dreams,  
to be translated into truth.

When forgiveness rests upon the world  
and peace has come to every Son of God,  
what could keep things separate,  
for what remains to see except Christ's face?

As we behold His glory, we will know  
we have no need of learning or perception or of time,  
or anything except the holy Self, the Christ.

## **Lesson # 271**

### **Christ's is the vision I will use today.**

Each day, every instant, I am choosing what I look upon,  
the sounds I want to hear, the witnesses to what I want.

I choose to look upon what Christ would have me see,  
and seek the witnesses to what is true in God's creation.

In Christ's sight, the world and God's creation meet,  
and as they come together all perception disappears.

Father, Christ's vision is the way to You.

What He beholds invites Your memory be restored to me.

And this I choose, to be what I would look upon today.

---

## **Lesson # 272**

### **How can illusions satisfy God's Son?**

My home is set in Heaven by Your Will and mine.

Can dreams content me? Can illusions bring happiness?

What but Your memory can satisfy Your Son?

I will accept no less than You have given me.

God's Son must be as You created him.

Today we pass illusions by.

And if we hear temptation we turn aside,  
as Heaven can be chosen just as easily as hell.

## **Lesson # 273**

### **The stillness of the peace of God is mine.**

We are now ready for a day of undisturbed tranquility.  
We are content to learn how such a day can be achieved.

If we give way to a disturbance,  
let us learn how to dismiss it and return to peace.

The stillness of the peace of God is mine.  
Nothing intrudes upon the peace that has gave His Son.

Father, Your peace is mine.

The peace You gave Your Son is with me still,  
in quietness and in my own eternal love for You.

---

## **Lesson # 274**

### **Today belongs to love. Let me not fear.**

Today I would let all things be as You created them.  
Thru this I am redeemed.

Thru this, truth will enter where illusions were,  
light will replace all darkness,  
and Your Son will know he is as You created him.

A special blessing comes to us today,  
from Him Who is our Father.

Give this day to Him, and there will be no fear today,  
because the day is given unto love.

## **Lesson # 275**

### **God's healing Voice protects all things today.**

We attend the Voice for God, speaking an ancient lesson.

Today been chosen to seek and hear and understand.

The Voice for God says things we cannot grasp alone.

It is in this that all things are protected,  
And the healing of the Voice for God is found.

Your Voice will tell me what to do and where to go;  
to whom to speak and what to say to,  
what thoughts to think, what words to give the world.

Father, Your Voice protects all things thru me.

---

## **Lesson # 276**

### **The Word of God is given me to speak.**

What is the Word of God?

"My Son is pure and holy as Myself."

And thus did God become the Father of the Son He loves,  
for thus was he created.

This the Word His Son did not create with Him, because in  
this His Son was born.

we need but to acknowledge Him Who gave His Word,  
to remember Him and so recall our Self.

Father, Your Word is mine.

## **Lesson # 277**

**Let me not bind Your Son with laws I made.**

Your Son is free, my Father.

He is not subject to any laws I made by which I try to  
make the body more secure.

He is as You created him,  
because he knows no law except the law of love.

He is not bound except by his beliefs.

He is free because he is his Father's Son.

He cannot be bound unless God's truth can lie.

---

## **Lesson # 278**

**If I am bound, my Father is not free.**

If I am prisoner in a body then my Father is prisoner.

If I am bound in any way, I do not know my Father nor  
my Self, and I am lost to all reality.

For truth is free, and what is bound is not a part of truth.

Father, I ask for nothing but the truth.

I have had many foolish thoughts about myself and my  
creation, and have brought a dream of fear into my mind.

Today, I do not dream.

I choose the way to You instead of madness and fear.

## **Lesson # 279**

### **Creation's freedom promises my own.**

The end of dreams is promised me.

Only in dreams is there a time when God's Son appears to be in prison, and awaits a future freedom, if it be at all.

Yet in reality his dreams are gone, with truth in their place.

And now is freedom his already.

I accept Your promises today, and give them my faith.

My Father loves the Son Whom He created as His Own.

Would You withhold the gifts You gave to me?

---

## **Lesson # 280**

### **What limits can I lay upon God's Son?**

Whom God created limitless is free.

No Thought of God has left its Father's Mind.

No Thought of God is limited at all.

No Thought of God but is forever pure.

Can I lay limits on the Son of God,  
whose Father willed that he be limitless?

Today let me give honor to Your Son, for thus alone I find  
the way to You.

Father, I lay no limits on the Son You created limitless.



## **What is the Holy Spirit? Lessons 281 – 290**

The Holy Spirit mediates between illusions and the truth.  
Since He must bridge the gap between reality and dreams,  
perception leads to knowledge,  
His gift to everyone who turns to Him for truth.

The goal of the Holy Spirit teachings is the end of dreams.  
Sights and sounds must be translated from fear to love.  
And when this is entirely accomplished,  
learning has achieved the only goal it has in truth.

The Holy Spirit understands the means you made, by  
which you would attain what is forever unattainable.

And if you offer them to Him,  
He will employ the means you made for exile  
to restore your mind to where it truly is at home.

From knowledge, where He has been placed by God,  
the Holy Spirit calls to you, to be restored to sanity.

Accept your Father's gift.  
It is a Call from Love to Love, that It be but Itself.  
The Holy Spirit is His gift by which the quiet of Heaven  
is restored to God's beloved Son.

Would you refuse to take the function of completing God,  
when all He wills is that you be complete?

## **Lesson # 281**

**I can be hurt by nothing but my thoughts.**

Father, Your Son is perfect.

When I think that I am hurt in any way,  
it is because I have forgotten who I am.

Your Thoughts can only bring me happiness.

If ever I am sad or hurt or ill,  
I have forgotten what You think.

I can be hurt by nothing but my thoughts.

I will not hurt myself today.  
For I am far beyond all pain.

My Father placed me safe in Heaven, watching over me.

---

## **Lesson #282**

**I will not be afraid of love today.**

This the decision not to be insane,  
and to accept myself as God Himself.

This the determination not to be asleep in dreams of  
death, while truth remains forever living in the joy of love.

Father, Your Name is Love and so is mine.

Such is the truth.

The name of fear is a mistake. I am not afraid of truth.

## **Lesson #283**

### **My true Identity abides in You.**

I made an image of myself, and this I call the Son of God.

Yet creation is as it was, for creation is unchangeable.

Let me not worship idols. I am he my Father loves.

My holiness remains the light and Love of God.

Your Son is my true Identity, You created all that is?

Now are we One in shared Identity, with God our Father  
as our only Source, and everything created part of us.

---

## **Lesson #284**

### **I can elect to change all thoughts that hurt.**

Loss is not loss when properly perceived.

Pain is impossible. There is no grief with any cause at all.

Suffering of any kind is nothing but a dream.

This is truth, first said, then repeated many times.

Then to consider seriously more and more,  
and finally accepted as the truth.

I would go beyond these words today,  
and past all reservations,  
and arrive at full acceptance of truth.

## **Lesson #285**

### **My holiness shines bright and clear today.**

Today I expect the happy things of God to come to me.

I will ask for only joyous things when I accept my holiness.

For what would be the use of pain to me,  
what purpose would my suffering fulfill,  
and how would loss avail me if insanity departs from me?

Father, my holiness is Yours.

I rejoice in it, and thru forgiving be restored to sanity.

My holiness is part of me, and also part of You.

And what can alter Holiness Itself?

---

## **Lesson #286**

### **The hush of Heaven holds my heart today.**

Father, how still today!

How quietly do all things fall in place!

This day has been chosen as when I come to understand that  
there is no need to do anything.

In You is every choice already made.

In You has every conflict been resolved.

My heart is quiet, and my mind at rest.

The stillness will give us hope that we found the way,  
and travelled far along it to a certain goal.

We will not doubt the end which God has promised us.

## **Lesson #287**

**You are my goal, my Father. Only You.**

Where would I go but Heaven?

What could be a substitute for happiness?

What gift could I prefer before the peace of God?

What treasure can compare with my Identity?

And would I rather live with fear than love?

What but You could I desire to have?

And what except the memory of You could signify to me  
the end of dreams and futile substitutions for the truth?

What way but this could I expect to recognize my Self, and  
be at one with my Identity?

---

## **Lesson #288**

**Let me forget my brother's past today.**

This is the thought that brings me to my goal.

I cannot come to You without my brother.

I must see what You created one with me.

My brother's is the hand that leads me on the way to You.

His sins are in the past along with mine, and I am saved  
because the past is gone.

you will know you have forgiven me if you behold your  
brother in the light of holiness. He cannot be less holy  
than can I, and you cannot be holier than he.

## **Lesson #289**

**The past is over. It can touch me not.**

I am really looking nowhere; seeing what is not there.

How can I perceive the world forgiveness offers?

The past was made to hide this

What can be forgiven but the past; if forgiven it is gone.

You have offered me Your Own replacement,  
in a world the past has left untouched and free of sin.

Here is the end of guilt.

And here am I made ready for Your final step.

---

## **Lesson #290**

**My present happiness is all I see.**

Eyes that begin to open see at last.

And I would have Christ's vision come to me this very day.

What I perceive without God's Correction is pain.

This the day I seek my present happiness, and look on  
nothing else except the thing I seek.

With this resolve I come to You, and ask Your strength to  
hold me up today, while I but seek to do Your Will.

You cannot fail to hear me, Father.

What I ask have You already given me.

And I am sure that I will see my happiness today.

## **What is the Real World? Lessons 291 – 300**

The real world is a symbol,  
Yet it stands for what is opposite to what you made.

Your world is seen through eyes of fear,  
it brings the witnesses of terror to your mind.

The real world has a counterpart for unhappy thought;  
a correction for the sights of fear of your world.

It shows a world seen differently,  
through quiet eyes and with a mind at peace.

What need has such a mind for thoughts of death?  
What can it perceive around it but safety, love and joy?

What is there to be condemned,  
and what is there that it would judge against?

The real world is the dream of sin and guilt ended,  
and God's Son no longer sleeps.

The real world signifies the end of time,  
for its perception makes time purposeless.

Now He waits but that one instant more  
for God to take His final step, and time has disappeared,  
taking perception with it, and leaving but truth.

That instant is our goal,  
for it contains the memory of God.

And as we look upon a world forgiven,  
it is He Who calls to us and comes to take us home,  
reminding us of our Identity has restored to us.

## **Lesson #291**

**This is a day of stillness and of peace.**

Christ's vision looks thru me today.  
His sight shows me all things forgiven and at peace.

I accept this vision, for myself and for the world.  
What loveliness we look upon today!

And it is given us to recognize it is a holiness in which we  
share; it is the Holiness of God Himself.

Today my mind is quiet, to receive the Thoughts You offer.  
I accept what comes from You, instead of from myself.

Father, guide Your Son along the quiet path.  
Let forgiveness be complete, and the memory return.

---

## **Lesson #292**

**A happy outcome to all things is sure.**

God's promises make no exceptions.

Yet it is up to us when this is reached;  
how long we let an alien will appear to be opposing His.

Yet the ending is certain.

We will seek and we will find according to His Will,  
which guarantees that our will is done.

Help us not interfere, and delay the happy ending You  
have promised for every problem; for every trial.



## **Lesson #293**

**All fear is past and only love is here.**

The source of fear is gone, and its thoughts gone with it.

Love is the only present state, whose Source is forever.

In the present love is obvious, and its effects apparent.

Father, let not Your holy world escape my sight today.

Nor let my ears be deaf to all the hymns of gratitude the  
world is singing underneath the sounds of fear.

I would see only this world before my eyes today.

---

## **Lesson #294**

**My body is a wholly neutral thing.**

I am a Son of God. Can I be another thing as well?

Did God create the mortal and corruptible?

What use has God's beloved Son for what must die?

Its neutrality protects a body while it has a use.

Afterwards, without a purpose, it is laid aside.

It is but functionless, unneeded and cast off.

Of service for a while and fit to serve,  
to keep its usefulness while it can serve,  
then to be replaced for greater good.

My body, Father, cannot be Your Son.

## **Lesson #295**

### **The Holy Spirit looks thru me today.**

Christ may use my eyes today, and thus redeem the world.

This gift offers peace of mind to me,  
and takes away all terror and all pain.

Dreams that seemed to settle on the world are gone.

Redemption must be one.

As I am saved, the world is saved with me.

For all of us must be redeemed together.

Fear appears in many different forms, but love is one.

Help me to use the eyes of Christ today,  
and thus allow the Holy Spirit's Love to bless all things.

---

## **Lesson #296**

### **The Holy Spirit speaks thru me today.**

The Holy Spirit needs my voice today.

I let You speak thru me, I use no words but Yours,  
and no thoughts apart from Yours, for only Yours are true.

I would be savior to the world I made.

Having damned, it I would set it free,  
that I may find escape.

Gladly the Holy Spirit come to rescue us from hell,  
when we allow His teaching to persuade the world.

## **Lesson #297**

### **Forgiveness is the only gift I give.**

Everything I give I give myself.  
This is salvation's simple formula.

And I, who would be saved, would make it mine, to be the way I live within a world that needs salvation, and that will be saved as I accept Atonement for myself.

Father, how certain are Your ways; how sure their final outcome, and how faithfully is every step in my salvation set already, and accomplished by Your grace.

Thanks be to You for Your eternal gifts, and thanks to You for my Identity.

---

## **Lesson #298**

### **I love You, Father, and I love Your Son.**

My gratitude permits my love to be accepted without fear.

Thus am I restored to my reality at last.

All that intruded on my holy sight forgiveness takes away.  
I draw to the end of senseless journeys and artificial value.

I accept instead what God establishes as mine, sure that in that alone I will be saved; sure that I go thru fear to meet my Love.

Father, I come to You, because I would follow.  
You are beside me. Certain is Your way.

## **Lesson #299**

### **Eternal holiness abides in me.**

My holiness is far beyond my ability to understand it.

Yet God, my Father, Who created it,  
acknowledges my holiness as His.

Our Will, together, understands it.  
And Our Will, together, knows that it is so.

Illusions can obscure it, but cannot dim its radiant light.

And I can know my holiness.  
I can know my Source  
because it is Your Will that You be known.

---

## **Lesson #300**

### **Only an instant does this world endure.**

This is the idea that lets no false perception keep its hold.

And it is this serenity we seek, unclouded,  
obvious and sure.

We seek Your holy world today.

For we, Your loving Sons, have lost our way a while.

But we have listened to Your Voice, and learned exactly  
what to do to be restored to Heaven and our true Identity.

We give thanks that the world endures but for an instant.  
We would go beyond that tiny instant to eternity.

## **What Is the Second Coming? Lessons 301 - 310**

Christ's Second Coming, which is sure as God,  
is merely the correction of mistakes,  
and the return of sanity.

It is a part of the condition that restores the never lost,  
and re-establishes what is forever and forever true.

It is the invitation to God's Word to take illusion's place;  
the willingness to let forgiveness rest upon all things  
without exception and without reserve.

The Second Coming ends the lessons of the Holy Spirit,  
making way for the Last Judgment,  
in which learning ends in one last summary.

The Second Coming is the time in which all minds  
return to spirit in the name of creation and the Will of God.

It is the one event in time  
which time itself can not affect.

In this equality is Christ restored as one Identity,  
in which the Sons of God know that they all are one.

Pray that the Second Coming will be soon,  
but do not rest with that.

It needs your eyes and ears and hands and feet.

It needs your voice.

And most of all it needs your willingness.

Let us rejoice that we can do God's Will,  
and join together in its holy light.

## **Lesson #301**

### **God Himself shall wipe away all tears.**

Father, unless I judge I cannot weep.  
Nor can I suffer pain, or feel abandoned in the world.

Let me see Your world instead of mine.  
To see uncondemned, thru eyes released from distortion.

God's world is happy.  
Those who look on it can only add their joy to it,  
and bless it as a cause of further joy in them.

We wept because we did not understand.  
We have learned the world we saw was false,  
and we will look upon God's world today.

---

## **Lesson #302**

### **Where darkness was I look upon the light.**

Father, our eyes are opening at last.

We thought we suffered.  
But we had forgot the Son whom You created.

Now we see that darkness is our own imagining,  
and light is there for us to look upon.

Let me forgive Your holy world today, that I may look  
upon its holiness and understand it but reflects my own.

He the End we seek,  
and He the Means by which we go to Him.

## **Lesson #303**

### **The holy Christ is born in me today.**

Watch with me, angels, watch with me today.

Let God's Thoughts be still with me as His Son is born.

Let earth's sounds be quiet,  
and the sights to which I am accustomed disappear.

Let Christ be welcomed where He is at home.

Let Him no longer be a stranger here.  
He has come to save me from the evil self I made.

He is the Self that You have given me.  
He is but what I really am in truth.

---

## **Lesson #304**

### **Let not my world obscure the sight of Christ.**

I can obscure my holy sight, if I intrude my world upon it.

Perception is a mirror, not a fact.  
What I look on is my state of mind, reflected outward.

I bless the world by looking on it thru the eyes of Christ.  
You lead me from darkness to light; from sin to holiness.

Let me forgive, and thus receive salvation for the world.

It is Your gift, given me to offer,  
that he may find again the memory of You.

## **Lesson #305**

### **There is a peace that Christ bestows on us.**

Who uses Christ's vision finds a peace so deep and quiet,  
and wholly changeless,  
that the world contains no counterpart.

Comparisons are still before this peace.

And all the world departs in silence as peace envelops it,  
and gently carries it to truth,  
no more the home of fear.

Love has come, and healed the world.

Help us today but to accept Your gift, and judge it not.

---

## **Lesson #306**

### **The gift of Christ is all I seek today.**

What but Christ's vision would I use today,  
With a day so like Heaven that ancient memory returns?

Today I can forget the world I made.

Today I can go past all fear, and be restored.

I am redeemed, and born anew into a world of mercy.

And so, our Father, we return to You, remembering we  
never went away; remembering Your holy gifts to us.

In gratitude we come, with empty hands and open hearts.



## **Lesson #307**

### **Conflicting wishes cannot be my will.**

Father, Your Will is mine, and only that.

Let me not try to make another will,  
for it is senseless and will cause me pain.

If I would have what only You can give,  
I must accept Your Will for me,  
and enter into peace where conflict is impossible.

Your Son is one with You in being and in will, and nothing  
contradicts the holy truth that I remain as You created me.

---

## **Lesson #308**

### **This instant is the only time there is.**

I conceived of time in such a way that I defeat my aim.

If I elect to reach past time to timelessness,  
I must change my perception of what time is for.

Time's purpose cannot be to keep the past and future one.

The interval in which I can be saved from time is now.

For in this instant has forgiveness come to set me free.

The birth of Christ is now, without a past or future.

And love is ever-present, here and now.

Thanks for this instant, Father.

It is now I am redeemed.

## **Lesson #309**

### **I will not fear to look within today.**

Within me is eternal innocence, because it is God's Will  
that it be there forever and forever.

I, whose will is limitless, can will no change in this.

For to deny my Father's Will is to deny my own.

I fear to look within because I think I made another will  
that is not true, and made it real.

Within me is the Holiness of God and the memory of Him.

The step I take today, my Father, is my sure release from  
idle dreams of sin.

---

## **Lesson #310**

### **In fearlessness and love I spend today.**

This day, my Father, I would spend with You,  
as You have chosen all my days should be.

And what I will experience is not of time at all.

This day will be Your sweet reminder to remember You.

Your gracious calling to Your holy Son,  
and that it is Your Will I be set free today.

All the world joins in our song of thankfulness and joy.

We are restored to peace and holiness.

## **What Is the Last Judgment? Lessons 311 - 320**

Christ's Second Coming gives this gift:  
to hear the Voice for God proclaim  
that what is false is false,  
and what is true has never changed.

The final judgment contains no condemnation.  
it sees the world as totally purposeless and without sin.

Without a cause or function in Christ's sight,  
it merely slips away to nothingness.  
all the figures in the dream the world in began go with it.

You who falsely believed  
God's Last Judgment will condemn the world to hell,  
accept this holy truth:  
God's Judgment is the gift of the Correction.

Be not afraid of love.  
Be not afraid of this.  
Salvation asks you give it welcome.

This is God's Final Judgment:  
"You are still My holy Son, forever innocent,  
as limitless as your Creator, changeless and forever pure.

Therefore awaken and return to Me.  
I am your Father and you are My Son."

## **Lesson #311**

### **I judge all things as I would have them be.**

Judgment is a weapon used against truth.  
It separates what it is being used against.  
It sets it off as if it were a thing apart.

Then it makes of it what you would have it be.  
It judges what it cannot understand, it cannot see totality.

He will relieve us of the agony of all the judgments we  
have made against ourselves, and re-establish peace of  
mind by giving us God's Judgment of His Son.

Father, we wait with open mind today,  
to hear Your Judgment of the Son You love.

---

## **Lesson #312**

### **I see all things as I would have them be.**

Perception follows judgment.  
We therefore see what we would look upon.

It is impossible to overlook what we would see,  
and fail to see what we have chosen to behold.

How surely the real comes to greet the holy sight of one  
who takes the Holy Spirit's purpose as his goal for seeing.

I have no purpose for today  
except to look upon a liberated world,  
set free from all the judgments I have made.

## **Lesson #313**

**Now let a new perception come to me.**

Father, there is a vision which beholds all things as sinless,  
so that fear has gone, and where it was is love invited in.

This vision is Your gift.

The eyes of Christ look on a world forgiven.

In His sight are all its sins forgiven, for He sees no sin in  
anything He looks upon.

Let us today behold each other in the sight of Christ.

We save the world when we have joined.

For in our vision it becomes as holy as the light in us.

---

## **Lesson #314**

**I seek a future different from the past.**

From new perception of the world there comes a future  
very different from the past.

The future is recognized as but extension of the present.

Past mistakes cast no shadows, so fear has lost its idols,  
and being formless, it has no effects.

Death will not claim the future now, for life is now its goal,  
and all the needed means are happily provided.

Father, we were mistaken in the past, and choose to use  
the present to be free.

## **Lesson #315**

### **All gifts my brothers give belong to me.**

Each day treasures come to me in every moment.

A brother smiles, and my heart is gladdened.  
Someone speaks a word of gratitude or mercy,  
and my mind receives this gift and takes it as its own.

And all who find the way to God becomes my savior,  
giving me certainty that what he learned is mine as well.

I thank You, Father, for the many gifts that come to me  
today and every day from every Son of God.

---

## **Lesson #316**

### **All gifts I give my brothers are my own.**

Each one allows a past mistake to go, and leave no  
shadow on the holy mind my Father loves.

His grace is given me in every gift a brother has received  
thru out all time, and past all time as well.

My treasure house is full, and angels watch its open doors  
that not one gift is lost, and only more are added.

Let me come to where my treasures are, and enter in  
where I am truly welcome and at home.

I trust that You Who gave them will provide the means by  
which I behold them, and cherish them as what I want.

## **Lesson #317**

### **I follow in the way appointed me.**

I have a special place to fill; a role for me alone.  
Salvation waits until I take this as what I choose to do.  
Until I make this choice, I am a slave of time and destiny.

When I willingly go the way my Father's plan appointed,  
then will I recognize salvation is already here,  
already given all my brothers and already mine as well.

Where it would lead me do I choose to go;  
what it would have me do I choose to do.

Your way is certain, and the end secure.  
The memory of You awaits me there.

---

## **Lesson #318**

### **In me salvation's means and end are one.**

In me is reconciled all parts of Heaven's plan to save all.

How could there be a single part that stands alone,  
or one of more or less importance than the rest?

I was created as the thing I seek.

I am the goal the world is searching for.

I am salvation's means and end as well.

Let me today, my Father, take the role You offer me in  
Your request that I accept Atonement for myself.

## **Lesson #319**

### **I came for the salvation of the world.**

Here all arrogance is removed, and only truth remains.  
For arrogance opposes truth.

When there is no arrogance the truth comes immediately,  
and fill the space ego left unoccupied by lies.

The ego thinks that what one gains, totality must lose.  
And yet it is the Will of God I learn that what one gains is  
given unto all.

What aim but salvation of the world do You give me?  
What but this is the Will my Self has shared with You?

---

## **Lesson #320**

### **My Father gives all power unto me.**

The Son of God is limitless.

There are no limits on his strength, peace, joy,  
nor any attributes his Father gave in his creation.

I am he to whom all this is given.

I am he in whom the power of my Father's Will abides.

Your Will can do all things in me, and then extend to all  
the world as well thru me.

And so all power has been given to Your Son.



## **What Is Creation? Lessons 321 - 330**

Creation is the sum of all God's Thoughts,  
in number infinite, and everywhere without all limit.

Only love creates, and only like itself.

There was no time when all that it created was not there.  
Nor will there be a time when anything suffers any loss.

God's Thoughts give all the power that their Creator has.

Thus His Son shares in creation,  
and must therefore share in power to create.

What God has willed to be forever One  
will still be One when time is over;  
remaining as it was before the thought of time began.

Creation is the opposite of all illusions, creation is truth.

Its oneness is forever guaranteed inviolate,  
beyond all possibility of harm, of separation,  
imperfection and of any spot upon its sinlessness.

We are creation; we the Sons of God.

We seem to be unaware of our eternal unity with Him.  
Yet back of our doubts, past our fears, there is certainty.  
For love remains with its Thoughts, its sureness is theirs.

Our Father calls to us.

We hear His Voice, and we forgive creation in the Name of  
its Creator, Holiness Itself, Whose Holiness His Own  
creation shares; Whose Holiness is still a part of us.

## **Lesson #321**

**Father, my freedom is in You alone.**

I did not understand what made me free,  
nor what my freedom is, nor where to look to find it.

Now I would guide myself no more.

You Who endowed me with my freedom as Your holy Son  
will not be lost to me.

Your Voice directs me, and the way to You is clear at last.  
Father, it is my will that I return.

How sure is all the world's salvation, when we learn our  
freedom can be found in God alone.

---

## **Lesson #322**

**I can give up but what was never real.**

I sacrifice illusions; nothing more.

As illusions go I find the gifts illusions tried to hide.

His memory abides in every gift that I receive of Him.

I cannot sacrifice except in dreams.

As You created me, I can give up nothing You gave me.

What You did not give has no reality.

What loss can I anticipate except the loss of fear,  
and the return of love into my mind?

## **Lesson #323**

**I gladly make the "sacrifice" of fear.**

You ask of Your beloved Son to give up all suffering,  
all sense of loss and sadness, all anxiety and doubt,  
and freely let Your Love stream in to his awareness.

Such is the only cost of restoration of Your memory to me.

As we pay the debt that merely is the letting go of  
deceptions and of images worshipped falsely,  
truth returns to us in wholeness and in joy.

Love has now returned to our awareness.

We are at peace again,  
for fear has gone and only love remains.

---

## **Lesson #324**

**I merely follow, for I would not lead.**

Father, You have set the way I am to go, the role to take,  
and every step in my appointed path.

I can but choose to wander off a while, and then return.

Your loving Voice will always call me back, and guide my  
feet aright.

My brothers all can follow in the way I lead them.

This ending is sure, and guarantees a safe returning home.

## **Lesson #325**

### **All things I think I see reflect ideas.**

This is salvation's keynote:

What I see reflects a process in my mind,  
which starts with my idea of what I want.

These images are then projected outward, looked upon,  
esteemed as real and guarded as one's own.

From insane wishes comes an insane world.

And from forgiving thoughts a gentle world comes forth,  
with mercy for the Son of God, to offer him a kindly home.

Let me behold what only Yours reflect,  
for Yours and Yours alone establish truth.

---

## **Lesson #326**

### **I am forever an Effect of God.**

Father, I was created in Your Mind,  
a holy Thought that never left its home.

As You created me I have remained.  
Where You established me I still abide.

And all Your attributes abide in me, because it is Your Will  
to have a Son so like his Cause.

Let us today behold earth disappear, at first transformed,  
and then, forgiven, fade entirely into God's holy Will.

## **Lesson #327**

**I need but call and You will answer me.**

I am not asked to take salvation on the basis of  
unsupported faith.

For God has promised He will hear my call,  
and answer me Himself.

Let me but learn from my experience that this is true, and  
faith in Him must surely come to me.

For thus I will be sure that He has not abandoned me and  
loves me still, awaiting but my call to give me all the help I  
need to come to Him.

You give the means whereby conviction comes, and surety  
of Your abiding Love is gained at last.

---

## **Lesson #328**

**I choose the second place to gain the first.**

All we perceive is reversed until we listen to the Voice  
It seems we will gain autonomy by striving to be separate.  
Yet all we find is sickness, suffering and loss and death.

To join with His Will is but to find our own.

Since our will is His,  
it is to Him that we go to recognize our will.

It is Your Will that I be wholly safe, eternally at peace.

## **Lesson #329**

**I have already chosen what You will.**

Father, I wandered from Your Will, defied it, broke its laws, and imposed a will more powerful than Yours.

Yet what I am in truth is but Your Will, extended and extending.

That choice was made for all eternity.

I am safe, untroubled and serene, in endless joy,  
because it is Your Will that it be so.

Thru it we recognize that we are one.

Thru it we find our way at last to God.

---

## **Lesson #330**

**I will not hurt myself again today.**

Let us this day accept forgiveness as our only function.

Why should we attack our minds,  
and give them images of pain?

The mind that is made willing to accept God's gifts  
has been restored to spirit, and extends its its joy.

A Self which God created cannot sin, and cannot suffer.

If we think we suffer, we but fail to know our one Identity.

We return today, to be made free from all our mistakes,  
and to be saved from what we thought we were.

## **What Is the Ego? Lessons 331 - 340**

The ego is idolatry; the sign of limited and separated self,  
born in a body, doomed to suffer and to end life in death.

The ego is proof that strength is weak and love is fearful,  
and what opposes God alone is true.

The ego is insane.

In fear it stands beyond the Everywhere,  
apart from All, in separation from the Infinite.  
Its insanity thinks it has become a victor over God Himself.

It dreams of punishment, and trembles at its dreams,  
who seek to murder it before it can be safety by attack.

The Son of God is egoless.

What can he know of fear and punishment,  
of sin and guilt, of hatred and attack,  
when all that surrounds him is everlasting peace,  
in deepest silence and tranquility?

In suffering, the price for faith in it is so immense  
that crucifixion of the Son is offered daily,  
and blood must flow before the altar.

But peace will be restored forever  
to the holy minds which God created as His Son.  
His love, completely His, completely one with Him.

## **Lesson #331**

**There is no conflict, for my will is Yours.**

So foolish to believe the Son could cause himself to suffer!

You could never leave me desolate,  
to die within a world of pain and cruelty.

How could I think that Love has left Itself?  
There is no will except the Will of Love.

Fear is a dream, and no will can conflict with Yours.  
Conflict is sleep, and peace awakening.  
Death is illusion; life, eternal truth.

Forgiveness shows us God's Will is One, and we share it.  
We look upon holy forgiveness today, so we find peace.

---

## **Lesson #332**

**Fear binds the world. Forgiveness sets it free.**

Truth undoes ego's evil dreams by shining them away.  
Truth never makes attack. It merely is.

By its presence is the mind recalled from fantasies,  
awaking to the real.

Without forgiveness is the mind in chains.

Father, we would release it now.  
For as we offer freedom, it is given us.

And we would not remain as prisoners, while You are  
holding freedom out to us.



## **Lesson #333**

**Forgiveness ends the dream of conflict here.**

Conflict must be resolved.  
It cannot be evaded, denied, disguise, or hidden by deceit.  
It must be seen exactly as it is, where it is thought to be,  
in the reality which has been given it,  
and with the purpose that the mind accorded it.

For only then are its defenses lifted, and the truth can  
shine upon it as it disappears.

No light but this can end our evil dream.

No light but this can save the world.

---

## **Lesson #334**

**Today I claim the gifts forgiveness gives.**

Illusions are vain, dreams gone even as they are woven.  
Let me not accept such meager gifts again today.

God's Voice is offering the peace of God to all who hear  
and choose to follow Him.

This is my choice today. I seek but the eternal.

What can be solace but what You are offering to this  
bewildered mind and frightened heart, to give him  
certainty and bring him peace?

This Your Will for me, for so will I behold my sinlessness.

## **Lesson #335**

**I choose to see my brother's sinlessness.**

Forgiveness is a choice.

I never see my brother as he is.

What I see in him is merely what I wish to see, because it  
stands for what I want to be the truth.

What could restore Your memory to me,  
except to see my brother's sinlessness?

His holiness reminds me that he was created one with me.

In him I find my Self.

In Your Son I find the memory of You.

---

## **Lesson #336**

**Forgiveness lets me know that minds are joined.**

Knowledge is restored after perception is changed,  
then gives way to what remains past its highest reach.

Forgiveness sweeps away distortions,  
and opens the hidden altar to the truth.

Its lilies shine into the mind, and calls it to return.

For here, and only here, is peace of mind restored, for this  
the dwelling place of God Himself.

In quiet may forgiveness wipe away my dreams of  
separation and of sin.

## **Lesson #337**

### **My sinlessness protects me from all harm.**

I am ensured me perfect peace, eternal safety and love,  
freedom from loss and deliverance from suffering.

Only happiness is my state, for only happiness is given.

What must I do to know all this is mine?

I must accept Atonement for myself, and nothing more.

God has already done all things that need be done.  
I need do nothing of myself, for I need but accept my Self.

Father, my dream is ended now.

---

## **Lesson #338**

### **I am affected only by my thoughts.**

In this single thought is everyone released from fear.

Nothing frightens, and nothing can endanger.  
I crucified myself.

Thoughts belong to me alone, I has the power to  
exchange each fear thought for a happy thought of love.

Your plan is sure, my Father,--only Yours.

All other plans will fail.

Mine alone will fail, and lead me nowhere.

But the Thought You gave me promises to lead me home,  
because it holds Your promise to Your Son.

## **Lesson #339**

### **I will receive whatever I request.**

No one desires pain. No one would avoid his happiness.  
But he can be confused about the state he would attain.  
He has asked for what will frighten, and bring suffering.

We resolve today to ask for what we really want,  
that we may spend this day in fearlessness,  
without confusing pain with joy, or fear with love.

Father, this is Your day.

I will do nothing by myself, but hear Your Voice in all.

---

## **Lesson #340**

### **I can be free of suffering today.**

Father, I thank You for the freedom I am certain of.  
This day is holy, for today Your Son will be redeemed.

His suffering is done.

I was born into this world to achieve this day.

Be glad today! Be glad!

There is no room for anything but joy and thanks today.  
Not one will remain in fear, and none the Father will not  
gather to Himself, awake in Heaven in the Heart of Love.

## **What Is a Miracle? Lessons 341 - 350**

A miracle is a correction.

It does not create, nor really change at all.

It merely looks on devastation,  
and reminds the mind that what it sees is false.

It undoes error, but does not attempt to go beyond  
perception, nor exceed the function of forgiveness.

Yet it paves the way for the return of timelessness  
and love's awakening,  
for fear must slip away under the remedy.

A miracle contains the gift of grace,  
for it is given and received as one.

A miracle inverts perception which was upside down,  
and thus it ends the distortions that were manifest.

Now is perception open to the truth.  
Now is forgiveness seen as justified.  
Forgiveness is the home of miracles.

The miracle is taken first on faith,  
because to ask implies the mind has been made ready  
to conceive what it cannot see or understand.

Miracles fall like healing rain from Heaven.  
And everywhere the signs of life spring up,  
to show that what is born can never die,  
for what has life has immortality.

## **Lesson #341**

**I can attack but my own sinlessness,  
it is only that which keeps me safe.**

Father, Your Son is holy.

I am he on whom You smile in love and tenderness and  
still the universe smiles back, and shares Your Holiness.

How pure, safe and holy, are we, abiding in Your Smile.  
With all Your Love bestowed upon us, living one with You.

In brotherhood and sinlessness so perfect,  
a universe of Thought completing Him.

Let us not attack sinlessness.

---

## **Lesson #342**

**I let forgiveness rest upon all things,  
for thus forgiveness will be given me.**

Thank You for Your plan to save me from a hell I made.  
It is not real.

You have given me the means to prove its unreality to me.

The key is in my hand,  
To the door beyond which lies the end of dreams.

Let me not wait again today.

And as we go, the world goes with us on our way to God.

## **Lesson #343**

**I am not asked to make a sacrifice  
to find the mercy and the peace of God.**

The end of suffering cannot be loss.  
The gift of everything can be but gain.

You only give. You never take away.

Sacrifice becomes impossible for me as well as You.

I, too, must give.

And so all things are given unto me forever and forever.

Salvation has no cost.

It is a gift that must be freely given and received.

---

## **Lesson #344**

**Today I learn the law of love;  
that what I give my brother is my gift to me.**

I have not understood what giving means,  
and thought to save what I desired for myself alone.

As I looked upon the treasure that I thought I had,  
I found an empty place where nothing ever was or will be.

Thus is the law of love fulfilled.

And thus Your Son arises and returns to You.

How near we are to one another, as we go to God.

How close the ending of the dream of sin,  
and the redemption of the Son of God.

## **Lesson #345**

**I offer only miracles today,  
For I would have them be returned to me.**

Father, a miracle reflects Your gifts to me, Your Son.

It takes a form which can be recognized and seen to work.  
The miracles I give are given back in just the form I need.

Father, in Heaven there are no needs.

Then let me give this gift alone today,  
born of true forgiveness,  
lighting the way that I travel to remember You.

The light has come to offer miracles to bless the world.

---

## **Lesson #346**

**Today the peace of God envelops me,  
And I forget all things except His Love.**

I wake today with miracles correcting my perception.

I seek not the things of time, and will not look upon them.  
What I seek transcends all things perceived in time.

I abide in You, and know no laws except Your Law of love.

I would find peace which You created for Your Son,  
forgetting all the foolish toys I made.

And when the evening comes today, we will remember  
nothing but the peace of God.



## **Lesson #347**

### **Anger must come from judgment.**

Judgment is the weapon I would use against myself,  
To keep the miracle away from me.

Straighten my mind, my Father. It is sick.

You have offered freedom, and I choose Your gift today.

I do not know my will, but He is sure it is Your Own.

He will speak for me, and call Your miracles to come.

Be very still, and hear the gentle Voice for God assuring  
you that He has judged you as the Son He loves.

---

## **Lesson #348**

### **I have no cause for anger or for fear, For You surround me.**

In every need That I perceive, Your grace suffices me.

Father, let me remember You, and that I am not alone.

Surrounding me is everlasting Love.

I have no cause for anything except perfect peace and joy.

What need have I for anger or for fear?

Surrounding me is perfect safety.

What can I fear, when You created me in holiness as  
perfect as Your Own? God's grace suffices us in everything  
that He would have us do.

## **Lesson #349**

**Today I let Christ's vision look upon  
All things for me and judge them not,  
but give Each one a miracle of love instead.**

I liberate all things I see, and give the freedom I seek.  
Thus I obey the law of love, and give what I would find.  
I have chosen it as the gift I want to give.

Father, Your gifts are mine.  
Each one that I accept gives me a miracle to give.  
And so we trust in Him to send us miracles to bless the  
world, and heal our minds as we return to Him.

---

## **Lesson #350**

**Miracles mirror God's eternal Love.  
To offer them is to remember Him,  
And thru His memory to save the world.**

What we forgive becomes a part of us.  
Your memory depends on this forgiveness.  
He is unaffected by thoughts.  
What he looks upon is their direct result.  
Therefore, my Father, I would turn to You.  
Only Your memory will set me free.  
Only my forgiveness teaches to let Your memory return,  
and give it to the world in thankfulness.

## **What Am I? Lessons 351 - 360**

I am God's Son, complete and healed and whole,  
shining in the reflection of His Love.

In me His creation is sanctified and guaranteed eternal life.

In me is love perfected, fear impossible,  
and joy established without opposite.

I am the holy home of God Himself.

I am the Heaven where His Love resides.

I am His holy Sinlessness Itself,  
for in my purity abides His Own.

Yet in the final days of this year we gave to God together,  
you and I, we found a single purpose that we shared.

We are the bringers of salvation.

And this, our gift, is therefore given us.

We look on everyone as brother,  
and perceive all things as kindly and as good.

Knowledge will return when we have done our part.

We are concerned only with giving welcome to the truth.

Ours are the eyes through which Christ's vision  
sees a world redeemed from thought of sin.

Ours are the ears that hear the Voice for God  
proclaim the world as sinless.

## **Lesson #351**

**My sinless brother is my guide to peace.  
My sinful brother is my guide to pain.  
And which I choose to see I will behold.**

Who is my brother but Your holy Son?  
if I see him sinful I proclaim myself a sinner,  
not a Son of God; alone and friendless in a fearful world.  
Yet this perception is a choice I make, and can relinquish.  
Choose, then, for me, my Father, thru Your Voice.  
For He alone gives judgment in Your Name.

---

## **Lesson #352**

**Judgment and love are opposites.**

From one come all the sorrows of the world.  
From the other comes the peace of God Himself.  
Forgiveness looks on sinlessness alone, and judges not.  
Judgment will bind my eyes and make me blind.  
Love, reflected in forgiveness here, reminds me You have  
given me a way to find Your peace again.  
I am redeemed when I elect to follow in this way.  
You have not left me comfortless.  
I have within memory of You and One Who leads me to it.  
I love my own Identity in the memory of You

## **Lesson #353**

**My eyes, tongue, hands and feet have one purpose;  
to give Christ to use to bless with miracles.**

Father, I give all that is mine today to Christ,  
to use in any way that will serve the purpose that I share.

Nothing is mine alone,  
for He and I have joined in purpose.

Thus learning has come almost to its appointed end.  
A while I work with Him to serve His purpose.

Then I lose myself in my Identity,  
and recognize that Christ is but my Self.

---

## **Lesson #354**

**We stand together, Christ and I,  
in peace and certainty of purpose.**

In Him is His Creator, as He is in me.

My oneness with the Christ establishes me as Your Son,  
beyond the reach of time.

I have no self except the Christ in me.

I have no purpose but His Own.

Thus I must be one with You as well as Him.

For who is Christ except Your Son as You created Him?  
And what am I except the Christ in me?

## **Lesson #355**

**There is no end to all the peace, joy and miracles  
I will give, when I accept God's Word.**

Why not today?

Why should I wait, my Father, for the joy You promised?

You will keep Your Word You gave Your Son in exile.

I am sure my treasure waits for me,  
and I need but reach out my hand to find it.

Even now my fingers touch it.

It is very close.

I need not wait an instant more to be at peace forever.

---

## **Lesson #356**

**Sickness is but another name for sin.  
Healing is but another name for God.  
The miracle is thus a call to Him.**

Father, You promised You would always answer  
any call Your Son might make to You.

It does not matter where he is,  
what seems to be his problem,  
nor what he believes he has become.

The miracle reflects Your Love, and thus it answers him.

Your Name replaces every thought of sin,  
and who is sinless cannot suffer pain.

## **Lesson #357**

**Truth answers every call we make to God,  
responding first with miracles,  
then returning unto us to be itself.**

Truth's reflection tells me how to offer miracles,  
and thus escape the prison in which I think I live.

Your holy Son is pointed out in my brother, then in me.

Your Voice instructs patiently to hear Your Word.

As I look upon Your Son today,  
I hear Your Voice instructing me to find the way to You,  
as You appointed that the way shall be.

---

## **Lesson #358**

**No call to God can be unheard nor left unanswered.**

Of this I can be sure; His answer is the one I really want.  
You Who know what I am alone knows what I really want.

You speak for God, and so You speak for me.

And what You give me comes from God Himself.

Let me remember all I do not know,  
and let my voice be still, remembering.

But let me not forget Your Love and care,  
keeping Your promise to Your Son in my awareness.

## **Lesson #359**

**God's answer is some form of peace.**

All pain is healed; all misery replaced with joy.

All prison doors are opened.

All sin is understood as merely a mistake.

We have misunderstood all things.

But we have not made sinners of the holy Sons of God.

Such are we.

We rejoice to learn mistakes have no real effect.

Sin is impossible,

and on this fact forgiveness rests upon a certain base.

Help us forgive, for we would be at peace.

---

## **Lesson #360**

**Peace be to me, the holy Son of God.**

**Peace to my brother, who is one with me.**

**Let all the world be blessed with peace thru us.**

I am Your Son, forever as You created me,  
for the Great Rays remain forever undisturbed within me.

I reach to them in silence and in certainty,  
for nowhere else can certainty be found.

Peace be to me, and peace to all the world.  
In holiness were we created, in holiness we remain.  
Your Son is like to You in perfect sinlessness.



## Final Lessons

Our final lessons will be as free of words as possible.

We use them but at the beginning of our practicing,  
only to remind us that we seek to go beyond them.

Let us turn to Him Who leads.

His is the way to find peace that God has given.

It is His way that everyone must travel in the end,  
because it is this ending God appointed.

And yet, in truth, it is already here;  
already serving as guidance in the way to go.

Let us follow in the way that truth points out to us.

Let us be leaders of our brothers who are seeking.

To this purpose let us dedicate our minds,  
directing all our thoughts to serve of salvation.

Unto us the aim is given to forgive the world.

It is the goal that God has given us.

It is His ending to the dream we seek, and not our own.

And thus His memory is given back,  
completely and complete.

It is our function to remember Him on earth,  
as it is given us to be His Own completion in reality.

So let us not forget our goal is shared,  
for it is that remembrance which contains God.

We shall forgive our brother, who can offer this to us.  
He is the way, the truth and life that shows the way to us.

In him resides salvation,  
offered us through our forgiveness, given unto him.

We will not end this year without the gift our Father  
promised to His holy Son.

We are restored to sanity,  
in which we understand that anger is insane,  
attack is mad,  
and vengeance merely foolish fantasy.

We have been saved from wrath  
because we learned we were mistaken.

Nothing more than that.

And is a father angry at his son  
because he failed to understand the truth?  
We come to God and say we did not understand,  
and ask Him to help us to learn His lessons,  
through the Voice of His Own Teacher.

And more than that can no one ever have,  
for in these words is all there is,  
and all that will be throughout all eternity.

## **Lesson Now to ∞ ...**

**This holy instant would I give to You.**

**Be You in charge. For I would follow You.**

**I am certain Your direction gives me peace.**

**If I need a word to help me, He will give it.**

**If I need a thought, that He will also give.**

**If I need stillness and a tranquil, open mind,  
these are the gifts I will receive of Him.**

**He is in charge by my request.**

**And He will hear and answer me,  
He speaks for God my Father and His holy Son.**

## Epilogue

This *Course* is a beginning, not an end.  
Your Friend goes with you. You are not alone.  
No one who calls on Him can call in vain.  
    Whatever troubles you,  
    be certain that He has the answer,  
    and will gladly give it to you,  
    if you simply turn to Him and ask.  
He will not withhold any answers that you need.  
    He knows the way to solve all problems,  
    and resolve all doubts.  
    His certainty is yours.  
    You need but ask it of Him,  
    and it will be given you.  
You are as certain of home as is the path of the sun.  
    Indeed, your pathway is more certain still.  
The Course God has made cannot be changed.  
    Therefore obey your will,  
    follow Him Whom you accepted as your voice,  
    to speak of what you really want and really need.  
    His is the Voice for God and also yours.  
And thus He speaks of freedom and of truth.  
    There is no more need of specific lessons.

*Once, here there be dragons  
Then the dragons were gone.*

(L # 134)

*Now, Here There Be Light.*





